

News Briefs

Avila College • 11901 Wornall Rd. • Kansas City, Missouri 64145 • March 2, 2000 • Vol. VIII, Issue 7

Graduation Fee

Seniors wishing to participate in May commencement need to pay the \$85 graduation fee to the Business Office by Monday, March 20.

Financial Aid

Forms for the 2000-2001 school year are available in the Financial Aid Office.

All Avila College financial aid forms need to be turned in by March 17 for processing. Federal financial aid forms are due by April 15 for Missouri residents only.

Scholar Day

This year's Scholar Day will begin at 9 a.m. Tuesday, March 7 in Whitfield Center. A diverse spectrum of genres will be presented by seniors from each academic discipline.

Book Fair

New books will be for sale in the Marian Center Alumni Lounge from 9 a.m. to 3 p.m. Wednesday and Thursday, March 8 and 9.

Spring Break Safety Week

In preparation for spring break, the college has scheduled several programs that cover a range of topics, from road trips to safety tips. The events will begin Monday, March 6. To find out more about the activities, call Blake Fry at Ext. 2226 or visit the Avila College website at www.avila.edu.

Spring Break

There will be no classes from March 11 through March 19. Classes resume on Monday, March 20.

Leadership Stories

"Tell me a Story: Leadership as an Anthology" is an opportunity for students to listen to entertaining stories about leadership. The event will take place at 3 p.m. Wednesday, March 22 in the Barefoot Room.

Purple Friday

Students, faculty and staff are encouraged to dress in purple colors in support of the college on Friday, March 24.

The Zookeepers

This latest SUB-sponsored concert will begin at 5 p.m. Saturday, March 25 in the Quad. A picnic will take place while students listen to this "funkadelic folk party band" from L.A. Rain would move the concert inside the Marian Center Snack Bar.

Academic Advising

Advising for the Fall and Summer 2000 semesters will begin on Monday, March 27.

Blood Drive

This semester's blood drive is scheduled from 10 a.m. to 3 p.m. Wednesday, March 29 in the Marian Center Alumni Lounge.

Steer Dinner

The 24th Annual Steer Dinner will be held on Saturday, April 1. Volunteers are needed for the event. Contact Michelle Saunders at Ext. 2201 to volunteer or Mary Ellen at Ext. 2200 for general information.

Heart of America

The Heart of America-Employer Fair will be held on Wednesday, March 15 at the UMKC campus. This annual event allows students and alumni to network with local employers. Bring copies of resumes.

Women's Group

The Women's Empowerment Group, co-sponsored by the Women's Program and Student Life, will meet from 4:30-5:30 p.m. every Wednesday in the business faculty hallway (library basement) located in Whitfield Center. The group is open to all female students.

THE TALON



Football program begins quest

School is looking for 40 "good men"

by MEGAN BRIDGE
Staff Writer

Jammed in an office filled with videotapes and letters from coaches and athletes are football coaches Tim Johnson and Scott Frear.

The coaches are recruiting 40 players to suit up for the Avila 2000 football team.

"Football has been a part of Avila's strategic plan for almost 10 years. Now is the chance for the school to provide vibrant, collegiate weekends and give students a reason to stay on campus," Tim Johnson,

head football coach, said.

Johnson and Frear are not only recruiting freshmen, but they are also considering upper-class students to bring leadership to the young team.

The coaches plan to recruit primarily in the region.

"Our recruiting is focused in Missouri and Kansas, but we would love to have players from around the United States or internationally to play for Avila," Frear said.

"We are committed to recruiting local students at the freshmen level, but we also have kids who considered colleges further away to play football, and are now knocking at our door," Johnson said.

Both coaches agree that it is important to build a foundation that will last four years down the road.

"Recruiting will be an ongoing evaluation to bring big and fast guys to Avila's football team," both Johnson and Frear said.

In addition, Avila will be able to

FOOTBALL cont. pg 2

Campus prepares for new look

by ERIC FINDLAY
Staff Writer

In the future, Avila College can expect many changes to be made to the campus programs and facilities.

The Avila College Strategic Workgroup on Facilities and Services proposed such additions to the Board of Trustees on Feb. 17.

The Workgroup and Board are meeting on March 3 to discuss the proposals.

These proposals include new athletic facilities, residence halls and two new majors.

"These changes are being made to attract new students to Avila College," Blake Fry,

director of student activities, said.

The addition of the football program requires a playing field, new locker rooms, a fitness center and practice fields. Also, new athletic offices are being added to accommodate the incoming coaches.

These new athletic facilities will be located in the open space behind the Mabee Fieldhouse. Construction is set to begin sometime next year.

Apartment and suite-style arrangements are the configuration for the new residence halls.

The new dorms are designed to attract upperclassmen and perhaps non-traditional students," junior Katie Boyle, a Workgroup member, said.

Avila is trying to adapt the new facilities due to Avila's increase in population and the students' changing needs and wants.

The location for the new apartment-style complex will be in the open field below Carondelet Hall.

CAMPUS cont. pg 2



PAGE SEVEN

Star Series and AIDS; an Opinion



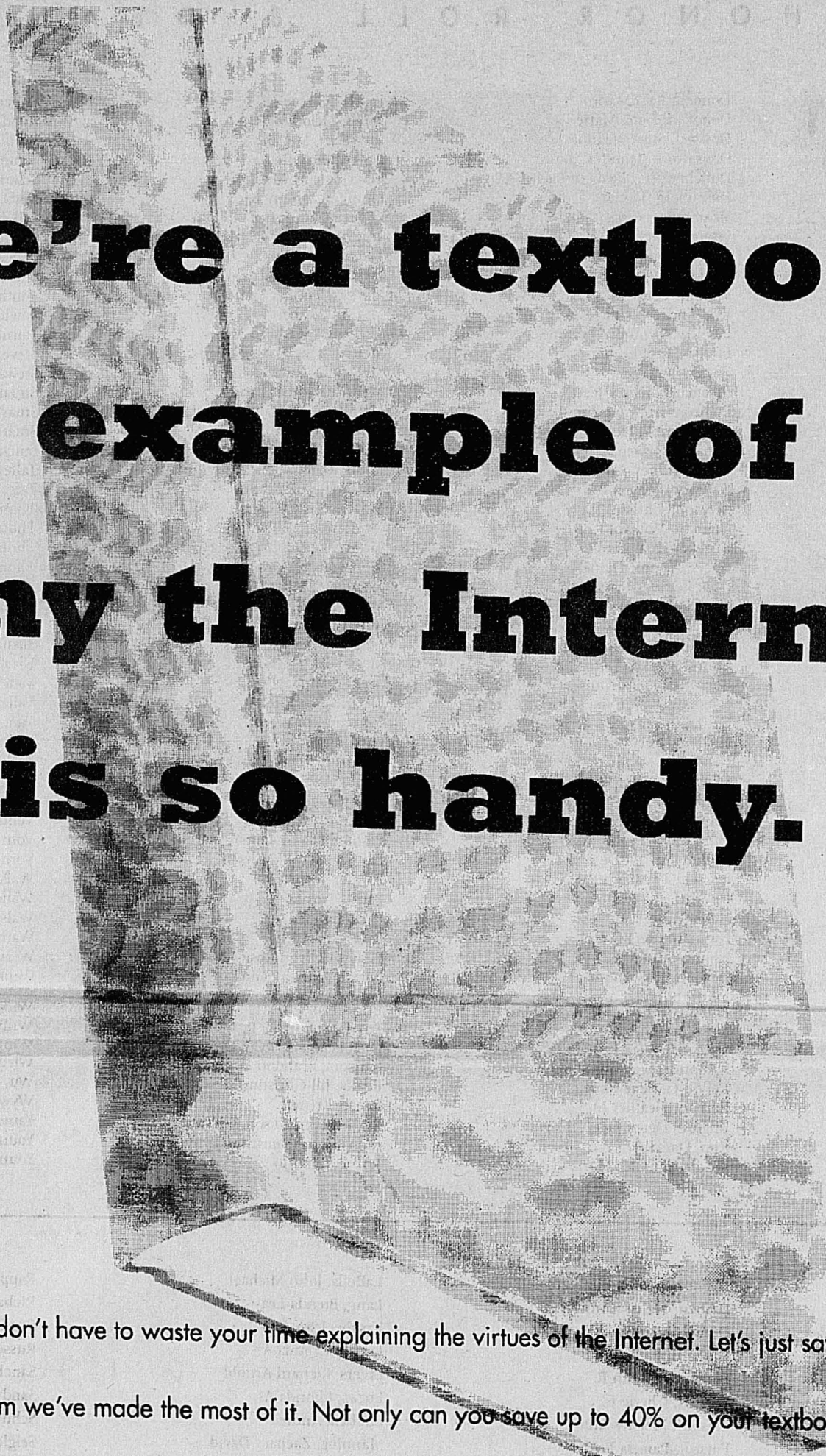
PAGE NINE

Eating Habits in the Millennium



PAGE FOURTEEN

Attendance at Avila Athletic Events



We're a textbook example of why the Internet is so handy.

We realize we don't have to waste your time explaining the virtues of the Internet. Let's just say that at VarsityBooks.com we've made the most of it. Not only can you save up to 40% on your textbooks, but you'll also receive them in just one to three business days. All on a Web site that's completely reliable and secure.

What more do you need to know?

SAVE UP TO 40% ON TEXTBOOKS.

Savings off distributor's suggested price. Books delivered in no more than three business days. Some restrictions apply. See site for details.

VarsityBooks.com

News Briefs

Avila College • 11901 Wornall Rd. • Kansas City, Missouri 64145 • March 2, 2000 • Vol. VIII, Issue 7

Graduation Fee

Seniors wishing to participate in May commencement need to pay the \$85 graduation fee to the Business Office by Monday, March 20.

Financial Aid

Forms for the 2000-2001 school year are available in the Financial Aid Office.

All Avila College financial aid forms need to be turned in by March 17 for processing. Federal financial aid forms are due by April 15 for Missouri residents only.

Scholar Day

This year's Scholar Day will begin at 9 a.m. Tuesday, March 7 in Whitfield Center. A diverse spectrum of genres will be presented by seniors from each academic discipline.

Book Fair

New books will be for sale in the Marian Center Alumni Lounge from 9 a.m. to 3 p.m. Wednesday and Thursday, March 8 and 9.

Spring Break Safety Week

In preparation for spring break, the college has scheduled several programs that cover a range of topics, from road trips to safety tips. The events will begin Monday, March 6. To find out more about the activities, call Blake Fry at Ext. 2226 or visit the Avila College website at www.avila.edu.

Spring Break

There will be no classes from March 11 through March 19. Classes resume on Monday, March 20.

Leadership Stories

"Tell me a Story: Leadership as an Anthology" is an opportunity for students to listen to entertaining stories about leadership. The event will take place at 3 p.m. Wednesday, March 22 in the Barefoot Room.

Purple Friday

Students, faculty and staff are encouraged to dress in purple colors in support of the college on Friday, March 24.

The Zookeepers

This latest SUB-sponsored concert will begin at 5 p.m. Saturday, March 25 in the Quad. A picnic will take place while students listen to this "funkadelic folk party band" from L.A. Rain would move the concert inside the Marian Center Snack Bar.

Academic Advising

Advising for the Fall and Summer 2000 semesters will begin on Monday, March 27.

Blood Drive

This semester's blood drive is scheduled from 10 a.m. to 3 p.m. Wednesday, March 29 in the Marian Center Alumni Lounge.

Steer Dinner

The 24th Annual Steer Dinner will be held on Saturday, April 1. Volunteers are needed for the event. Contact Michelle Saunders at Ext. 2201 to volunteer or Mary Ellen at Ext. 2200 for general information.

Heart of America

The Heart of America Employer Fair will be held on Wednesday, March 15 at the UMKC campus. This annual event allows students and alumni to network with local employers. Bring copies of resumes.

Women's Group

The Women's Empowerment Group, co-sponsored by the Women's Program and Student Life, will meet from 4:30-5:30 p.m. every Wednesday in the business faculty hallway (library basement) located in Whitfield Center. The group is open to all female students.

THE TALON



Football program begins quest

School is looking for 40 "good men"

by MEGAN BRIDGE

Staff Writer

Jammed in an office filled with videotapes and letters from coaches and athletes are football coaches Tim Johnson and Scott Frear.

The coaches are recruiting 40 players to suit up for the Avila 2000 football team.

"Football has been a part of Avila's strategic plan for almost 10 years. Now is the chance for the school to provide vibrant, collegiate weekends and give students a reason to stay on campus," Tim Johnson,

head football coach, said.

Johnson and Frear are not only recruiting freshmen, but they are also considering upper-class students to bring leadership to the young team.

The coaches plan to recruit primarily in the region.

"Our recruiting is focused in Missouri and Kansas, but we would love to have players from around the United States or internationally to play for Avila," Frear said.

"We are committed to recruiting local students at the freshmen level, but we also have kids who considered colleges further away to play football, and are now knocking at our door," Johnson said.

Both coaches agree that it is important to build a foundation that will last four years down the road.

"Recruiting will be an ongoing evaluation to bring big and fast guys to Avila's football team," both Johnson and Frear said.

In addition, Avila will be able to

FOOTBALL cont. pg 2

Campus prepares for new look

by ERIC FINDLAY

Staff Writer

In the future, Avila College can expect many changes to be made to the campus programs and facilities.

The Avila College Strategic Workgroup on Facilities and Services proposed such additions to the Board of Trustees on Feb. 17.

The Workgroup and Board are meeting on March 3 to discuss the proposals.

These proposals include new athletic facilities, residence halls and two new majors.

"These changes are being made to attract new students to Avila College," Blake Fry,

director of student activities, said.

The addition of the football program requires a playing field, new locker rooms, a fitness center and practice fields. Also, new athletic offices are being added to accommodate the incoming coaches.

These new athletic facilities will be located in the open space behind the Mabee Fieldhouse. Construction is set to begin sometime next year.

Apartment and suite-style arrangements are the configuration for the new residence halls.

The new dorms are designed to attract upperclassmen and perhaps non-traditional students," junior Katie Boyle, a Workgroup member, said.

Avila is trying to adapt the new facilities due to Avila's increase in population and the students' changing needs and wants.

The location for the new apartment-style complex will be in the open field below Carondelet Hall.

CAMPUS cont. pg 2



PAGE SEVEN

Star Series and AIDS; an Opinion



PAGE NINE

Eating Habits in the Millennium



PAGE FOURTEEN

Attendance at Avila Athletic Events

K.C. Star exposes HIV-positive priests

Catholics respond with counterattack

by TEKIA THOMPSON
Staff Writer

Some Catholics say that heavy clouds currently loom over the Church.

"AIDS in the Priesthood," the title of a series that ran in *The Kansas City Star* from Jan. 30 to Feb. 1, is concerning many local Catholics.

What seemed to be a method for making the public aware of the disease among priests instead presented itself as ammunition against the Catholic Church's ideals on celibacy and teaching sexuality in seminaries, according to many local Catholics.

Nuns, priests and Catholic students were among those who contributed reactions—many of shock.

"I believe that the articles focused too much on homosexuals," sophomore Angela Mabrie said. "How can the church be responsible for a priest's sexuality?"

Like Mabrie, others pondered the same question.

Throughout the series, *The Star* blamed the church for its slacking off in education on sexuality in the seminaries, stating that it was a contributing factor to the spread of AIDS in the priesthood.

According to Albert de Zutter, editor of *The Catholic Key*, Fr. Benedict Neeman said that what seminarians learn about integrating sex into their character and

identity is far more advanced than on the college level.

He said that "seminaries, such as Conception Abby, require sexuality courses for their candidates, and each one has access to a spiritual director and a psychologist or counselor."

Fr. Neeman added that information presented in *The Star* about the seminaries in the past does not reflect how they are now run.

"Selecting and publicizing a few facts about a few priest casts a shadow on the ministry of all Catholic priests," Fr. Patrick Rush said in a statement issued in *The Catholic Key* Jan. 29.

Fr. Rush further explained that the real issue is a national and international health crisis.

The Star tackled celibacy, alleging that the spread of AIDS would decrease if priests were allowed to marry.

"The Catholic Church is a family system of its own. It takes a lot to change a big system," graduate student Julie Klutsaris said. "As soon as we [the church] change, society will change again. It is a give and take process."

In the conclusion of the series, *The Star* revealed information regarding private facts behind the death of former Rockhurst College President, Reverend Thom Savage, who died of AIDS in 1999.

These facts were previously unpublished and known only by his immediate family.

Sr. Ruth Stuckel of Avila College posed the question of accuracy on the statistics given, and if they were fabricated to support a biased author.

De Zutter, in his editorial, called the last component of the series, "The cheap, hypocritical, sensationalist, 'outing' of a prominent Catholic priest."

De Zutter adds: "The series...turns out to be a shameful, monumental sham."

Career week focuses on interview skills

The art of interviewing is a must for college students

by SHALEE MORRIS
News Editor

Good interview skills are essential to an employer when searching for the right job candidate.

With that in mind, college students need to begin preparing for the interview process.

During Career Week at Avila, there were various interview presentations to benefit all students who chose to attend.

"I want all Avila students to feel comfortable with the interview process when they are ready to enter the job world," Gina Frigault, director of career services, said.

On Monday, Feb. 21, Tim Moran gave a presentation that offered tips to improve a person's interviewing skills.

If a person interviews the best, he or she will get the job before the candidate with the most credentials, according to Moran.

His topics ranged from what clothes to wear to how to answer questions during an interview. He also discussed tips to help job candidates appear more professional.

Moran has over 18 years experi-

ence in Human Resources, including experience at Hallmark Cards.

"There are so many details to know when preparing for an interview. I have gained a lot of useful information after hearing a professional in the business give such practical advice," Leah Moore, senior communication student, said.

On Wednesday, Feb. 23, practice interview sessions were held in Whitfield Center from 3 to 6 p.m.

Professionals in the corporate world came to conduct practice interviews with students.

Each interview session lasted 45 minutes. The first 20 minutes consisted of the actual interview, while the last 25 minutes were comprised of an evaluation of the student's performance.

Students chose to sign up with a professional in the field of their choice.

The professionals were available in the field of business, communication, science and nursing. Students were to dress appropriately and bring their resumes to the event.

This event was held for the first time in six years.

"I am hoping that students at Avila will begin to realize the importance of good interview skills, and use more of these opportunities in the future. We are looking for an even bigger turnout next year," Frigault said.

FOOTBALL cont. from pg.1

recruit more males into the once all-female campus.

"Since football will be a club sport for the first year at Avila College, no one will lose eligibility, no records will be counted in the history book, and only students who are enrolled for classes at Avila will be able to play," said Johnson.

We plan to start building the foundation of a highly competitive, small college football program. We strive to accomplish three things: an academic study hall to aid the students who represent Avila, an all-season program with injury prevention and team building and to gain explosive power and strength," Johnson said.

Neither Johnson nor Frear are rookies. Combined, they have coached in Italy, Nebraska, St. Charles, Mo., and in Kansas City.

Johnson is a Kansas City native.

By next fall, the football team will be ready to suit up and play their first game against Haskell College on Sept. 25.

CAMPUS cont. from pg.1

Construction for the new residence halls is uncertain as of now.

"Building onto the residence halls will begin when the student population asks for it," Fry said.

"There must be at least two hundred people wanting to live on campus to begin building," Boyle said. At the present time, the total is around 150.

Also, there are two new majors being offered. Computer Science and Sports Medicine are being suggested, according to Fry.

"I think these changes will add a lot to the campus atmosphere," Fry said.

College student looking for VIDEO work to pay tuition. Can shoot/edit weddings, graduations, music videos, any event, and transfer photos to video. Inexpensive costs with much experience. If interested, call Seth at (816) 512-0272

ADVERTISE IN THE CLASSIFIEDS!

Classified ads cost only \$5 for up to 40 words.

To Place an ad, Call Terry Mykins at (913) 491-1392 or leave a request in the Advertising Mailbox in Dallas.

CLASSIFIEDS



Need A Great DJ?

Jimmy Vogel

COMPLETE MUSIC.

North America's Most Popular Disc Jockey Service

KC Metro 913-432-1111
St. Joseph 916-364-3936

www.cmusic.com

5912 W. 59th Terrace
Mission, KS 66202



McCARTHY NISSAN
of OLATHE

Terry Mykins
Sales and Leasing

683 N. Rawhide Drive
Olathe, KS 66061

913-324-7200
fax 913-324-0006

Alcohol clause concerns students

Issue taken before residence life directors

by JEREMIAH MURPHY
Staff Writer

Students living in the dorms have made recent complaints about the Avila College alcohol policy.

These students say their complaints are based on terminology.

The wording found in the student handbook is ambiguous, they contend. It states that "persons who are in the presence of alcohol will be documented and referred to the disciplinary system."

According to campus resident Ryan Orton, this means that an innocent student could be reprimanded if in the vicinity of someone caught drinking.

"You could be standing on the balcony

when three students walk out with beer. If they get caught, you would also be busted, even if you do not know them," he said.

Residents of the dorms who break the alcohol rule are only allowed three reprimands before being banned from the residence halls.

Even if a student was not drinking, he or she could be expelled from the dorms if the reprimand limit is reached.

Students like Orton said this is why they have made an issue out of the policy.

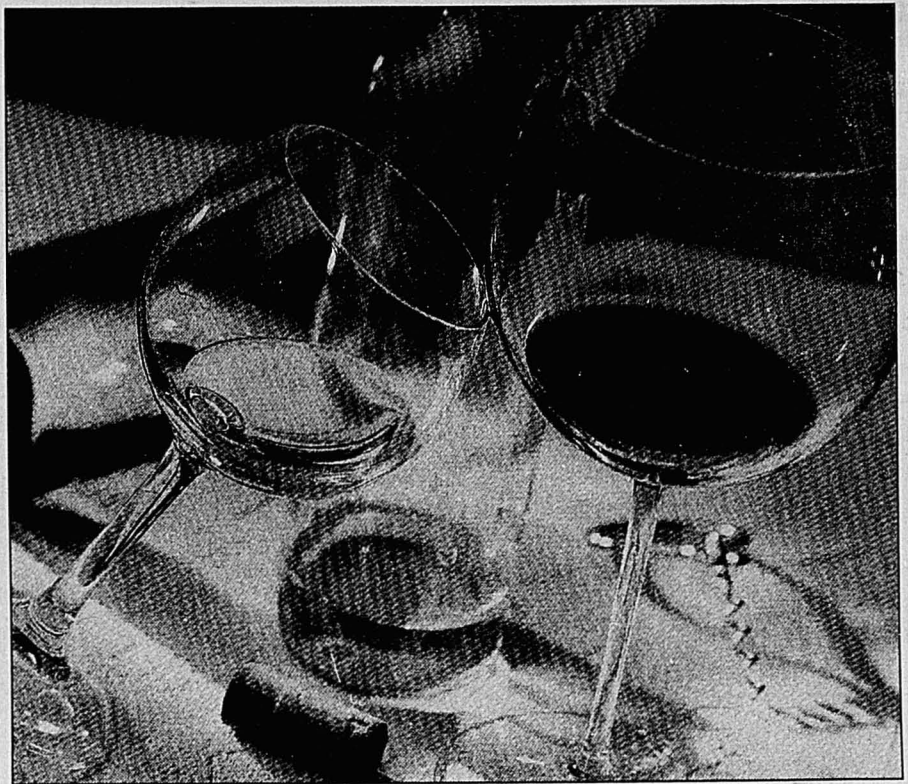
The students have conducted meetings with the Residence Life Student Council to reverse the clause.

The council recommended that the students take the issue up with Residence Life.

No student has been reprimanded under this clause to date.

"Thank Goodness I have not had to enforce that rule yet. It is something no one wants to do," resident hall director Anthony Hall said.

The issue still remains unresolved.



Spoken saga calls for leaders

"Speak Brother Speak" performed during Black History Month

by PAUL OXLER
Staff Writer

From Martin Luther King, Jr. to Frederick Douglass and Malcolm X, the one-man show of Phillip E. Walker set to the stage to depict some of America's greatest black leaders in the Dallavis studio on Feb. 8.

Walker's show, "Can I Speak For You Brother?," was a collection of words and thoughts expressed in a variety of songs and speeches. It recreated the times and struggles of Civil Rights Movement activists.

"The performance was absolutely

incredible," sophomore Sarah Lafontaine said. "He was very powerful and I believe that he made a great impact on the audience."

Walker portrayed different characters of a slave going through the middle passage. He also performed a song in memory of Martin Luther King, Jr.

"He put on a tremendous performance," sophomore Karen Guber said. "My eyes were glued on him."

Walker's one-man show ended the performance by calling for a new leader to step up and lead the people.

"We are a powerless, defenseless people, but we look good," claimed Walker.

In Walker's last words, he posed this question: "Is anyone willing to step up and lead? What about you?"

New coach recruitment begins

School looks for softball and volleyball coaching candidate

by KELSEY ORR
Staff Writer

The Avila softball and volleyball teams are looking for a new head to fill both positions.

Mike Crozier, athletic director, decided at the beginning of the spring semester to combine the head coach position for both volleyball and softball.

Responsibilities for the head coach position require recruiting student athletes, supervising assistant coaches, coordinating scheduling and planning for team travel.

Crozier said that having a head coach on campus available for women at all times will help the program. "I want all of the programs to be successful."

Under normal circumstances, the head coach will decide if he or she would like to have assistant coaches. Assistant coaches who would like to attend Avila can receive a scholarship.

Avila student athletes from both softball and volleyball commented about the recruitment process.

When asked how they felt about the head coach position being shared between both sports, their answers were similar. "I think it will be okay if softball did not have off-season games during volleyball season," Susan Grove, freshman volleyball player, said.

Crozier stated that since Avila College is moving to a different

conference, the schedules would not interfere with one another.

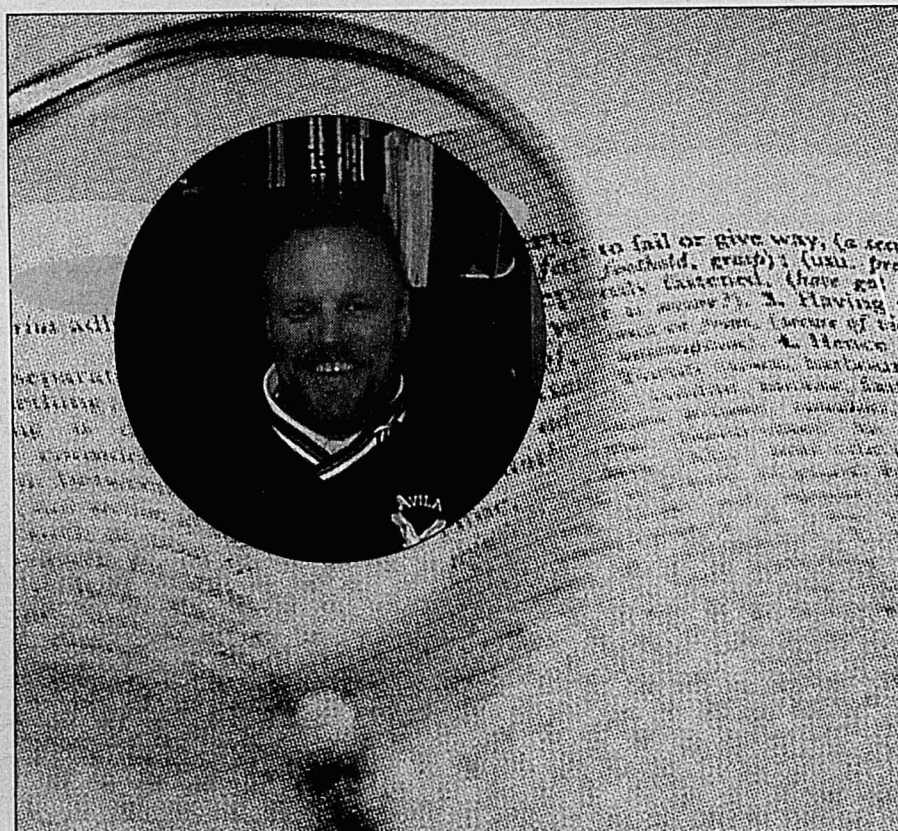
"I think, in a way, that one team is going to suffer. It is not fair," Sarah Maley, freshman softball player, said.

Both Grove and Maley stress their worries that the head coach will not be experienced in one of the two sports.

Maley said she does not know which team would suffer. "I just do not want the coach to have no experience in the coaching of either sport."

Crozier has stated that he is looking for a coach who has experience in both sports.

When asked if the teams would be more successful next year, athlete Grove said, "We still have a young team, but with a good coach, we can have a successful season."



WANTED SCOP SUBMISSIONS

All Avila students may submit work for the Scop, Avila's Arts & Literary Magazine.

Art examples include
Painting • Drawing
Photography • Design
Ceramics/Sculpture

Literary examples include
Short story • Essay
Poetry • Scriptwriting

**Submissions DUE to Georgia
Mueller, Dallavis, #814
by Friday, March 10**

For information contact:
Tekia Thompson (literary)
Amy Young/Debbie Siegler (art)
or
Georgia Mueller, Ext. 2253

Avila females name music's sexiest men

by TEKIA THOMPSON

Staff Writer

It's raining men! Hallelujah, it's raining men!

Beautiful men, tall men, blonde men, older men, men, men, men and more men.

There is something inside of people, male or female, that can conjure up the perfect mouth-watering hunk!

Imagine a man with powerful legs that looks as though he has been carved out of stone. As the eyes work their way up from his legs to his abs, his flat stomach, chiseled to perfection and arms that could hold on forever come into view.

A smile that could launch a thousand ships and eyes that draw a woman deeper and deeper into them beam from within his soul.

Female college students at Avila answered a survey regarding their top 10 pick of the sexiest men in music. A variety of names spilled over the pages, but only 10 were chosen.

The men were ranked not only on their looks, but their voice, dance moves and personalities.

Rhythm and Blues singer D'Angelo took the number 10 spot.

D'Angelo's sultry voice, bedroom eyes and muscular body cause many women to experience goose bumps all over their bodies at the very sight of him.

His latest single, "Untitled—How does it feel?" took many R&B lovers by surprise when it claimed the number one spot on the R&B charts after its initial release.

The video sent waves of shock among many women. In the Black Entertainment Television (BET) video premiere, D'Angelo stands completely naked, singing about romance and making love to his significant other.

"His voice is just so smooth," Avila student Angela Mabrie said.

Running away with the number nine spot was country sensation Tim McGraw. McGraw two-stepped his way into the hearts of millions when he entered the country music scene with his hit single, "Indian Outlaw."

Today, McGraw is married to fellow country music singer Faith Hill and is the father of their two children.

McGraw's hit, "Please Remember Me," catapulted him to number one on the country music charts and earned him the title of the Country Music Entertainer of the Year for 1999.

"He is sweet, caring and not stuck on himself," student Rachel Stuart said. Stuart went on to say that a trip to the Grammy awards would be an ideal first date for her and Tim to embark on.

Brian McKnight's smooth, falsetto voice has numerous women dreaming about him at night. McKnight's latest album, *Back At One*, has been on the top 10 R&B charts for several weeks.

"His voice makes him attractive," one of those surveyed said.

The many love ballads that McKnight has crooned across the airwaves have placed him eighth on the list.

Latin love swept the number seven spot.

Enrique Iglesias' upbeat, Latin tempo has the women dancing in the aisles and even out of their clothes, in some cases.

His latest hits include "Balimos" off of *The Wild Wild West* soundtrack and "Rhythm Divine" off his self-titled album.

His well-built body, coupled with his voice, makes Iglesias one of the sexiest men.

Speaking of *The Wild Wild West*, actor-rapper, Will Smith got jiggy with it and rapped his way to the number six spot on the survey. His latest release, *Willennium*, has the crowds dancing from coast to coast.

Smith, known for his clean rap style, became sexy to many women when he graced the screen in such blockbuster films as *Independence Day*, *Men In Black* and *Enemy of the State*.

The women surveyed agreed that Smith knows how to dress for success, and that made him a shoe in for one of the top 10 sexiest men in the new millennium.

Now to the top five.

It was a battle of the boy bands. New sensations 98 Degrees, N'Sync and the Backstreet Boys all had individuals who claimed the top five spots.

Heating up his place at number five was Nick from 98 Degrees.

Nick's carved muscles and Cheshire cat smile left some women feeling breathless.

With songs such as "I Do Cherish You" and "It's the Hardest Thing I've Ever Had To Do," it is no wonder a member of the hot four-man group would step his way into the number five position.

Larger than life superstar Brian Littrel of the Backstreet Boys took the number four spot.

Among the women who filled out the survey, all agreed that Littrel's baby blue eyes and blazing blonde hair make him "drop dead gorgeous."

In at number three is JC Chasez of the group N'Sync.

One of the older members of N'Sync, Chasez's upper body and boyish face gave him an advantage over his fellow group members, except for Justin Timberlake, who snatched the number two spot.

Those surveyed said that Timberlake, the youngest member of N'Sync, has women in almost every country waiting to have his children!

His bright blue eyes and frequent pelvic thrusts bumped him above Chasez.

"He's close to my age and our personalities match," student Kristen Donnelly said.

Like Donnelly, other women mentioned that the personalities of the artist added to their sexiness.

Ladies and gentlemen have been waiting patiently to find out who these women ranked as the sexiest, that is right, the sexiest man of the new millennium. Now for the number one spot.

He is tall, has dark hair, even darker eyes to match and a body Jean Claude

Van Damme would be jealous of.

Who is it?

Who is this mystery man?

Who is the man so many people dream about when they close their eyes at night?

It is the Backstreet Boy himself, Kevin Richardson.

At 27, Richardson is the oldest Backstreet Boy. He dances his way across the stage and into the hearts of women watching.

Unfortunately, for the single women

dreaming about him, Richardson is already taken. He publicly announced that he is engaged to his girlfriend, who shall remain nameless.

Let's not take any lives over this.

There it is. These are the top ten sexist men of the millennium, according to women surveyed at Avila College.

fashionSENSE

orial

by ROSSANA VALLAZZA

Staff Writer



"Step! Squat! Kick! Again. Step! Squat! Kick!"

This is how I met sophomore Tracy Friedeck.

She had come to participate in the Health and Wellness event of Tae Bo.

Used to seeing her in workout clothes only, I was impressed to see her at Avila's spring formal last year dressed to kill. She looked stunning in a formal full-length leopard print dress.

This biology major with a secondary education minor plans to graduate in 2003. She is a St. Louis native and plans on obtaining a master's degree in science education, possibly from Avila.

When she is not busy being the goalie for Avila's soccer team, she spends time with her girlfriends at the Grenada or with her boyfriend, Tom, at Muddy's coffee shop in Midtown. To get down to the bottom of her great fashion sense, we got together and chatted.

Rossana: To begin with, what is your ancestry?

Tracy: I am half Caucasian and half Vietnamese. My father is white and my mom is from Vietnam. They met at a church retreat in high school and have been together ever since. Her immediate family came over during the war because her grandfather worked for the American Embassy and they had to evacuate. She was sixteen when she came over, and she came here with the clothing that was on her back.

Rossana: Cool combination. So, where do you like to shop? Why?

Tracy: I shop anywhere, especially Express. They have good, durable fabrics that last. The colors are the same, also. I am a bargain shopper. I first look at new styles at the front of the store and then move to the middle. Some of the older styles are there. Then I move to the back of the store, and look thoroughly. I get most of my clothes on sale. I am one of those people that does not have to be the first to have something.

Rossana: So you would consider yourself thrifty?

Tracy: Yes. For swimsuits I shop at Marshall's. I got last year's Mossimo style on sale! They even have your size, and everything. I also make my own jewelry. I make necklaces and wrist cuffs. I wear it out to the clubs and people give me compliments. I did not pay \$15 for it though, and I did not have to wait for the buy-one-get-one-free sale. However, I do not sell my jewelry. I give it away as gifts to close friends.

Rossana: What do you consider your style?

Tracy: I do not have any certain style. Everyday when I wake up, that is when I decide what to wear. Whatever I am comfortable in. My clothing reflects my mood. I can dress really preppy or conservative or down to earth in cargo pants and a t-shirt. Adapting to other people's style has evolved my style. I also evolve with what is in style currently.

Rossana: I have noticed you like leopard print stuff. Tell me what you have.

Tracy: I have a purse, a pair of shoes, a formal dress, a vest, several tops and a pillow! That is about it until the next time I go shopping! My favorite print is leopard print because it is sexy and reflects the wild side of my personality.

Rossana: What fashion tips can you share with us?

Tracy: I do not like it when people look uncomfortable in the clothing they are wearing. For example, a skirt that is too short has to be pulled down constantly and a dress that is too tight needs to get covered up with a coat. My perspective is that you decide the style that fits you. Wear things you are comfortable in, but that are appropriate for the occasion.



Politics of today's top 10 hits

The top 10 albums of 1999
by SARAH LaFONTEINE
Opinions Editor

Over the past year, it seems that every genre of music has become mainstream.

From rock to pop to heavy metal, including country, every genre has taken its place among the top music recordings of the past year.

But, out of all those recordings, all those releases and all that hype, who really had the number one album of 1999?

Rolling Stone magazine polled their readers about what they thought was the top album of 1999.

At the same time, Billboard released the official results of the top 10 albums of 1999.

Billboard uses a combination of several factors to determine the top 10.

They incorporate Soundscan Inc. into the process by looking at record sales.

Soundscan was developed 15 years ago as a way of tracking record sales, and has been used as the official sales tracker since 1989.

Billboard also takes the results from Radio & Record Inc., a company that tracks radio requests and air play along with album requests.

The most predominant organization for determining record standings, however, is the Recording Industry of America (RIA).

The RIA is the group that issues and certifies gold and platinum albums.

They have the final say in the official count of how many albums an artist sold.

When Billboard turns these results into record standings, several factors influence the final result.

The standings take into account the number of albums that were sold, including what time frame they were sold in.

For example, it took Shania Twain four weeks to reach the double platinum

mark. The Backstreet Boys reached double platinum their first week on the shelves.

While people may not like it, this area of the standings lays in the hands of the consumers. The more money an album makes in the shortest period of time, the better!

Another way Billboard determines the top 10 is by standings on the charts. Again, this is in the hands of the public.

Radio play and requests for albums and singles determine this.

Combined, these two aspects make up the element needed for a top 10, lots of sales and lots of airplay.

Here's how Rolling Stones' readers stacked up against Billboard's official results:

Rolling Stones Reader's Top Ten Albums of 1999

1. Rage Against the Machine – *The Battle of Los Angeles*
2. Korn – *Issues*

3. Santana – *Supernatural*
4. Limp Bizkit – *Significant Other*
5. Metallica – *SE&M*
6. Creed – *Human Clay*
7. Foo Fighters – *There is Nothing Left to Lose*
8. Nine Inch nails – *The Fragile*
9. Counting Crows – *This Desert Life*
10. Kid Rock – *Devil Without a Cause*

Billboard Top Ten Albums of 1999

1. Backstreet Boys – *Millennium*
2. Britney Spears – *Baby One More Time*
3. Santana – *Supernatural*
4. Shania Twain – *Come On Over*
5. Ricky Martin – *Ricky Martin*
6. Kid Rock – *Devil Without a Cause*
7. Creed – *Human Clay*
8. Juvenile – *400 Degreez*
9. 'N Sync – *'N Sync*
10. Tim McGraw – *A Place in the Sun*

Hip-Hop All Stars prove two CDs are better than one

by ERIN BARNES
Staff Writer

MTV has released four theme-oriented CDs entitled: *MTV The First 1000 Years*.

Each CD has an assortment of songs from various music groups like rock, new wave and R&B.

Among this collection is an album devoted totally to hip-hop music.

MTV's CD, which is put out by Rhino Entertainment Company, features 16 tracks by various hip-hop artists who have all left a sizable mark on hip-hop's music history.

Artists included on the album are Coolio, Dr. Dre, 2-Pac, House of Pain, Ice-T, Ice Cube, Master P, OutKast, Snoop Doggy Dogg and hip-hop legends Grand Master Flash & The Furious Five.

The album itself is enjoyable. With the songs from the above artists, that helped

to make these rappers hip-hop stars, this hip-hop mixed artist CD is a must for every collection.

However, I would have to recommend *Millennium Hip-Hop Party*, also put out by Rhino, over MTV's version.

The CD just seems to flow better than the one put out by MTV.

Six of the tracks are the same on each album. But with the *Millennium* album, there are 18 tracks of better hip-hop variety.

The *Millennium* album has a balance of "harder" rap, like Dr. Dre's "Nuthin' But a 'G' Thang" and lighter more danceable tracks, like Young MC's "Bust a Move."

Both CDs are good in their own way, and ideally it would be good to have both *MTV The First 1000 Years* and *Millennium Hip-Hop Party* in the collection because of the difference in hip-hop music styles presented on both CDs.

On a scale of 1 to 10, *MTV The First 1000 Years* earns 8.5 and *Millennium Hip-Hop Party* earns 9.

Hallmark Collection Press Release from the Nelson

Beautiful vintage prints to boldly contemporary works of the past decade are on display for a limited time.

Photographs by well-known photographers such as Ansel Adams,

Edward Steichen, Man Ray and Harry Callahan, as well as works by a host of other artists are a way to view the world through others' eyes.

The variety of images from the 1880s to the present will

greatly expand one's understanding of the complexities and riches of American photography. Many photographs in the exhibit have not been publicly displayed, and only two have been exhibited in Kansas City before.

The American Photography

exhibit features 192 photographs from the world-renowned Hallmark Photographic Collection of Hallmark Cards, Inc.

The exhibit has been organized and supported by Hallmark Cards, Inc., Kansas City, Mo. The Missouri Arts Council, a state agency, has provided additional financial support.

The exhibit, *American Photography:*

Recent Additions to the

Hallmark Photographic Collection, can be viewed from Feb. 27 to May 14, 2000 at the Nelson Atkins Museum of Art.

The museum is located at 4525 Oak Street and is open Tuesday through

Thursday from 10 a.m. to 4 p.m.,

Friday from 10 a.m. to 9 p.m.,

Saturday from 10 a.m. to 5

p.m. and Sunday from 1 to 5

p.m.

Admission is \$5 for

adult, \$2 for students

with ID and \$1 for

children ages 6 – 18.

It is free for chil-

dren under 6 years of

age.

Admission is free on Saturdays.



LEGAL PROBLEMS?

Let me help!

- Minor Possession
- Auto Accidents
- Personal Injury
- Traffic
- DUI
- Criminal

Tom Davis • Attorney-at-Law

Missouri Cases (816)472-5867

Kansas Cases (913)312-5046

Tom@rkatlaw.com

Tiff-Notes



Script writing class reveals truths

The spirit of play mingles with adult expectation

by TIFFANY LEIGH BRATTON

Editor-in-Chief

My father and I used to play hide-and-go-seek when I was a child.

The game began with Dad filling the role of "It."

He would stand in a corner and meticulously count, his words both articulate and boisterous.

Both of his eyes would be slightly covered by his hands. As his counting neared the number 25, his fingers would slowly separate, allowing his eyes to slyly scan the room for a running child.

Then suddenly, with little warning, Dad would scream, "Ready or not, here I come!"

A smile appeared on his lips.

During the first seconds of the game, I would race toward the closest hiding place—which was typically behind a door or underneath a table or a chair.

Once securely concealed, I focused all awareness on the sound being caused by my chest heaving in and out. I would try to breathe quietly, but many times found myself overcome by the demand and would instead burst into a low hum of giggles.

This did not matter. Even though Dad probably heard the laughter, he preferred to tease me before attempting to "catch me."

I could hear him opening the freezer or dishwasher, or see him bending down and looking underneath the carpet. This caused me to giggle louder.

Other than silliness and laughter, our version of hide-and-go-seek also had sound added to it.

I used to have a white plastic Star Trek ship. It had a knob that turned the toy on and off. As the dial was turned to the right, a vibrating buzz grew constantly louder until a flashing red light and alert sound—similar to the noise of an emergency siren—emanated from the ship.

The sound broadcast how close Dad was to finding me, giving me an audible sense of which room he was in and what moment would be the best one to race back to "It's" start location.

There were other reasons why Dad used the toy when we played.

He would turn the dial toward the lower position when he thought he was "cool" in his search. The whirring noise increased as he got "warmer" relative to my hiding place.

Finally, Dad pointed the toy toward me with the siren blaring and the red light beaming just before he caught me.

Although we last played hide-and-go-seek about fifteen years ago, I have learned that it is impossible to separate oneself from the beauty and inner purposes of life revealed during childhood.

Pleasant memories are juxtaposed with subtle lessons that guide us onward during the marching of time.

Like the childhood games we played, college also prepares us for future realities and the all-important relationships we will weave with others.

These relationships are connected to the higher lessons of life we learn subtly each day.

Throughout my college career, I have personally encountered many deep, psychologically-challenging lessons. I am presently experiencing one of the most difficult events I have faced since enrolling in college.

I am producing a corporate video for a script writing class, working with a real-life client with the goal to complete a high-quality video. Although I have worked with other clients, this particular topic is difficult for me on many levels.

My project is highly emotive, calling upon resources and expectations that are demanding.

For the video, we were allowed to select our own client from any business or enterprise; I elected to work with a client from a non-profit organization—Rainbow Options.

The Rainbow Center is a school located in Blue Springs, Mo. that teaches developmentally disabled children.

Its offshoot is Rainbow Options, a day program for adults with developmental disabilities.

What makes this project difficult is the attitude shared by many individuals.

We may look at children who are disabled and find ourselves overwhelmed with pangs of pity. But when we view adults who have cerebral palsy or are autistic, who display a disfigured face or are termed as retarded, I think part of us starts to cringe.

We have a work ethic instilled within us at an early age. Adults with disabilities like those at Rainbow Options cannot work and will never understand our

adult work ethic.

I had not entirely accepted this fact the day I did my first walk-through of the organization. I knew in theory what I would witness, but quickly realized that life and expectations are two different realities.

One of the clients, a woman in her 30s, grabbed my arm and pointed at me. She was unable to talk, and instead grunted while pulling me into the room.

She wanted to introduce me to the others present in the room.

On an exterior level, her behavior was out of sync with typical "adult" behavior; her grasp was also tight, resulting in a large bruise on my forearm.

Another client, a woman of about twenty-one, asked me what my name was. She smiled and cheerfully asked to play.

When we think of children, images of our own childhood may race through our minds. We might remember the games we played and find ourselves oohing and aahing over the darling babies displayed before us.

But adults with developmental disabilities are no different. They are children trapped in a grown-up body.

What my script writing project is reminding me is that we are never too far away from our own childhood; there is still a little girl inside of me who can

identify with the men and women at Rainbow Options.

The people I met there are beautiful souls; the staff at both the Center and Options encourage visitors to look beyond the obvious.

When I do that, what I see is a little boy or a little girl who begs to play and giggle, despite any adult anticipations or the exterior reality my eyes witness.

These individuals are souls who have likes and dislikes, and who follow a different path in life than the ones God designed for each of us. But they are not unlike the child in us who used to run and play, who used to grow and dream beyond the happy moments of childhood.

They are a version of society that has just as much right to happiness and well being as anyone else.

These men and women are God's children, and if we would only acknowledge it, we would see that a little bit of them also resides inside of us.

THE TALON

Tiffany Leigh Bratton

Melanie Schmittling

Jessica Palmer

Shalee Morris

Kristen Reese

Karen Guber

Therese Cox

Sarah LaFontaine

Denise Bradshaw

Terry Mykins

Amy Young

LeAnn Hollis

Steve Iliff

Editor-in-Chief

Associate Editor

Production Co-manager

News Editor

Features Editor

Sports Editor

Arts & Entertainment Editor/Production Co-manager

Opinions Editor

Chief Photographer

Advertising Sales

Production Adviser

Cartoonist

Adviser

Staff Writers

Erin Barnes, Patti Barnes, Nikki Brevig, Megan Bridge, Courtney Jo Cutler, Christina Delgado, Chris Ervin, Eric Findlay, Molly Kennedy, Jeremiah Murphy, Kelsey Orr, Paul Oxler, Shirley Phillips, Megan Redenbaugh, Tekia Thompson, Justin Thurman, Rossana Vallazza

EDITORIAL POLICY

Mel's Minute's



AIDS in the priesthood series causes concerns for Catholics

by MELANIE SCHMITTLING
Associate Editor

I was amazed by the recent articles in *The Kansas City Star* addressing AIDS in the priesthood.

When I first read them, I immediately felt like the Catholic Church was once again being targeted.

However, after further review, I am slowly but surely figuring out why *The Star* chose to target Catholics, and understand that they were just trying to make the AIDS issue a reality by using one particular denomination: Catholics.

But was *The Star* in fact really trying to comment on AIDS in the priesthood?

It seemed to me that the articles were discussing more than just that. *The Star* put strong emphasis on the church's teachings regarding homosexuality and celibacy, instead.

There are other ways of contracting the HIV/AIDS virus besides sexual activity.

The Star's 3-day series doesn't even seem to take this into consideration when questioning how priests are contracting the AIDS virus.

Yes, clergy in the Catholic church practice celibacy, and no the church is not against homosexuals; however, they call homosexuals to chastity.

But since when is anybody perfect? As the Bishop of the Kansas City-St. Joseph Diocese, Raymond Boland, said, "I would never write off a priest and say, 'Because you've got AIDS and because there are doubts about how one can acquire it, you're not a good priest.'" It

is never fair to presume.

AIDS is a prevalent issue in the priesthood only because most people assume that priests are breaking their vows of celibacy and engaging in sexual activity.

There are priests who are heterosexual that break their vows. There are married couples all over the place that break their marriage vows all the time.

In *The Star's* 3-day series on AIDS in the priesthood, they mentioned in one other article that "oh yes" clergy in other denominations have AIDS too.

Yes, I realize that the Roman Catholics make up the largest denomination in the nation, however, when choosing to single out one particular denomination, *The Star* should try to look less ignorant by including that all clergy are susceptible to AIDS and not just Catholics.

Although HIV/AIDS brings new fears to the church, one bishop wrote that "It cannot change one enduring fact: God's love for us all."

I agree with Father Norman Rotert, pastor of Visitation Parish in Kansas City, when he said, "It appears that *The Star* is going for a journalistic award. The series was completely sensationalized."

Although I did not agree with the majority of the information, the overall meaning of these articles did have one good message.

It is that they put priests on a more human level. That is why the church has sin and reconciliation; God forgives us all, and everyone makes mistakes.

Art Work by Leann Hollis

exercise your voice



High school revisited

by SARAH LAFONTAINE
Opinions Editor

Do you ever get the feeling you are back in high school?

You remember high school, the time when everything you did or said or thought was analyzed by every person around you, whether it was their business or not.

When no one can be mature enough to approach a problem and say, "This is what is bothering me," or "Why did you do that?" When no one has enough regard for other people's business to keep their noses where they belong?

That is the world we live in here at Avila. It is a gratified version of high school.

Funny, but when I last checked, I had already gone to high school. I do not care to relive it, thank you.

We are all supposed to be adults, but obviously not everyone got the memo.

Conflict resolution is a sticky thing. It is not fun, and no one likes to confront bad situations. However, it is the right thing to do.

I would hope that if I did something to upset someone, they would have the nerve to at least come up and cuss me out.

At least then I would know how they felt about the situation.

Of course, I would prefer it if they would just confront me, give their side of the story, and then let me give mine. That way, a sort of middle ground could be reached.

But nine times out of 10, especially here, they will just talk about it to everyone around you, and never actually to you.

So the situation just keeps getting worse.

I know that it is not an easy thing to talk to someone you are upset with or someone who hurt you. It takes a lot of guts to approach a situation head on.

But I also know that nothing can resolve a problem faster.

Avoiding it won't help. You can't wish it away. But you can do something to try to make it better.

Trust me, I have been guilty of avoiding my problems on more than one occasion, and I know first hand that things can only get worse the longer they go. Like I said, it is not easy.

It is probably one of the hardest things we have to learn to do as adults.

But that is what we are... adults. It's time we began acting like it.

Don't let stress interrupt life; manage it in the new millennium

by PATTI BARNES

Staff Writer

Whether a freshman, sophomore, junior or senior, whether a faculty member or on the staff of the college, some form of stress has more than likely been a part of everyone's lives.

Stress is a non-specific demand made on the body. It can be good stress or bad stress.

On the positive side, stress provides a means to express talents and energy or to pursue happiness. And then there is the negative side of stress that can cause either physical or psychological exhaustion and illness.

The most important thing to remember about stress is that certain forms are normal and essential.

However, when continuing stress causes disruption in one or more of the physical, emotional, spiritual and/or social areas of health, the distress can get the better of a person.

The flow of adrenaline experienced during high stress can disrupt the digestive system and weaken the immune system.

Short-term problems, such as heartburn, indigestion and the common cold, can kick in.

Long-term problems can be deadly if proper care is not taken.

Prolonged chronic stress can lead to heart disease and stroke.

The father of the stress theory, Dr. Hans Selye, identifies the causes of stress as "stressors" or "triggers."

There are two kinds of stressors:

external and internal.

As David B. Posen, M.D. wrote in *The Canadian Journal of Continuing Medical Education*, April 1995, "Stress is the most common cause of ill health in our society, probably underlying as many as 70 percent of all visits to family doctors."

What can be done to relieve stress? A lot.

When situations or events are piling up, it is time to slow down and take care of oneself. One of the best things to do is to eat right.

Eating right can reduce stress and its adverse effects.

Other alternatives for relieving stress include: regular exercise, meditation, adequate sleep, timeouts, leisure time, setting realistic expectations and humor.

Once stress is under control, it is important to manage it. Posen suggests several strategies to manage stress. See the chart at the right.

Physical contact is also a great way to relieve stress.

A balance between the physical, emotional, spiritual and social areas of life is important for managing stress.

Phillip W. Long, M.D., from Internet Mental Health, suggests these three basic ways to master stress: change lifestyle habits, change stressful situations and change thinking.

Stress can be greatly reduced by choosing to change lifestyle habits.

Beneficial lifestyle habits include: decreased caffeine intake, eating a well-balanced diet, decreasing the consumption of junk food, eating slowly, exercising regularly, getting adequate sleep, having leisure time and meditating or praying regularly.

Some suggestions for changing stressful situations include: time and money management, assertiveness, problem-solving and possibly leaving a job or a relationship that is making life miserable.

Changing thinking is as easy as looking at things more positively, seeing problems as opportunities, refuting negative thoughts and keeping a sense of humor.

External stressors include:

*Physical environment: noise, bright lights, heat, confined spaces.

*Social (interaction with people): rudeness, bossiness or aggressiveness on the part of someone else.

*Organizational: rules, regulations, "red tape," deadlines.

*Major life events: death of a relative, lost job, promotion, new baby.

*Daily hassles: commuting, misplacing keys, mechanical breakdowns.

Internal stressors include:

*Lifestyle choices: caffeine, not enough sleep and overloaded schedule.

*Negative self-talk: pessimistic thinking, self-criticism, over-analyzing.

*Mind traps: unrealistic expectations, taking things personally, all-or-nothing thinking, exaggerating, rigid thinking.

*Stressful personality traits: Type A, perfectionist, workaholic, pleaser.

*Avoid large meals and high fat foods.

*Eat small meals high in complex carbohydrates, such as fruits, vegetables and grains.

*Limit intake of caffeine and alcohol, which drain the body of vitamins and minerals (eliminating these is altogether is best).

*Cut back on salt, which elevates blood pressure.



Stress Management Strategies:

1. Structure each day to include a minimum of 20 minutes of aerobic exercise.
2. Eat well-balanced meals, more whole grains, nuts, fruits and vegetables. Substitute fruits for desserts.
3. Avoid caffeine. The substance may aggravate anxiety, insomnia, nervousness and trembling.
4. Reduce refined sugar. Excess sugars cause frequent fluctuation in blood glucose levels, adding stress to the body's physiological functioning.
5. Avoid (or at least reduce) alcohol and drugs. These substances may add to headaches and swelling, decrease coping mechanisms and add to depression.
6. Get at least seven hours of sleep nightly.
7. Spend time each day with at least one relaxation technique—imagery, daydreaming, prayer, yoga or meditation.
8. Take a warm bath or shower.
9. Go for a walk.
10. Get in touch! Hug someone, hold hands or stroke a pet. Physical contact is a great way to relieve stress.

The Millennium

Series

Surging toward
a new tomorrow



Olympic lineup adds new sports

by KAREN GUBER

Sports Editor

As the world enters the year 2000, it rapidly approaches the first Olympic Games of the new millennium.

In a little over six months, Sept. 15 to be exact, the Olympic torch will make its way to Sydney, Australia to commence the 2000 Olympic Summer Games.

Before the end of its journey, the torch will make a trip through space. A space-modified version of the torch is

expected to accompany a space shuttle scheduled for take off in April.

This year's Olympic Games will not only incorporate space travel for the very first time, but it will also mark the addition of new medal events.

Participants will be able to medal in a record 28 sports, a far cry from the original nine events of the 1896 Athens' games.

The two sports to be unveiled in Sydney, as decided by the International Olympic Committee (IOC), are Tae Kwon-do and the triathlon.

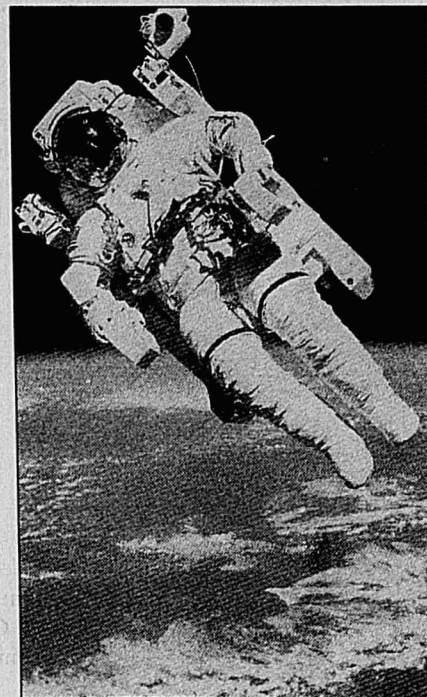
Tae Kwon-do, a demonstration sport in the 1988 and 1992 Summer Games, will have four weight categories in both men's and women's divisions.

The men's and women's triathlon, voted on in 1994 by the IOC, will consist of a 1.5 km swim, 40 km cycle and 10K run.

The IOC is also considering new additions for the 2004 Summer Games in Athens, Greece.

Among the requested programs to be added are parachuting, billiards, underwater swimming, roller-skating, surfing, golf, ballroom dancing, bowling, rugby, squash, racquetball and water skiing.

Water skiing seems to be the heavy favorite, but no one besides the IOC knows for sure. Tune in to the 2004 Summer Games to find out which will make the cut.



Nutrition experts say an apple a day could earn an "A"

by MEGAN REDENBAUGH

Staff Writer

One by one, the feet hit the wooden stairs, making a soft thud as she descends. After flipping the light switch, she rubs her eyes as she adjusts to the light in the kitchen. She immediately makes her way to the tall, bleach-white figure in the corner.

She knows that this singular appliance contains what is needed to sustain her for two more hours of studying.

As she pulls the curved handle towards herself, all the food possibilities are illuminated.

On one side she sees a couple of candy bars, cans of soda and a jar of salsa.

The other side of the refrigerator contains oranges, salad and a container of juice. She finds it odd that the refrigerator is divided in this manner, but reasons that it must have been her neat-freak roommate who did such a thing.

She then grabs a Dr. Pepper and the salsa and heads to the cabinet for some chips.

Figuring that the soda will keep her awake and the chips and salsa are easy to eat while studying, she heads back upstairs and back to the books.

Beep. Beep. Beep. It is 8:35 a.m. when she reaches over to hit the snooze button again. Class starts in 25 minutes, and all she wants is more sleep.

The alarm beeps again only minutes later.

She now has about 10 minutes to get to class.

Convincing herself that she can go back to sleep after class, she gets out of bed and gets dressed. Breakfast is not even on her mind as she grabs her bag and heads out the door.

As this scenario illustrates, eating habits can affect study habits and class

performance.

This depends on where a person eats, when they eat and, most importantly, what they eat.

Eating habits can also influence whether a student is going to be ill or not.

"When you do not eat a balanced diet, your body starts pulling from stored fat and muscles to function and have energy and nutrition," Carol Frevert, director of health and child services, said.

As the nurse on Avila's campus, Frevert presented the eating problems of students who live on campus.

In the cafeteria, everything is available, but the selection is not always the best because dessert and soda are out every time.

Weight gain occurs because the food is high in starches and students tend to have more than one serving of those foods.

"They are making too many choices instead of the right choice," Frevert said.

Frevert explained three necessary diet choices to make daily that will help class performance and help keep illness away.

First, include protein in the diet.

This includes foods such as meats, eggs, fish and peanut butter.

It is important to have protein because it rebuilds cells that are damaged by stress.

Second, carbohydrates are important to a balanced diet. Bread, pasta and rice are common examples of carbohydrates. These foods give a body energy, and also help sustain a person throughout the day.

The third choice is to include fruits and vegetables in the diet. These give the body vitamins, which help to keep a person healthy.

Frevert also added vitamins as a choice because they help repair things in the body.

"If you know that you do not eat a well-balanced diet, then it would be worth your time to take a good multi-vitamin because it will give you all the vitamins you need in one daily dose," she said.

Most individuals may have heard that breakfast is the most important meal of the day. But according to Frevert, many students do not acknowledge this expression.

Of 25 students surveyed from Avila

and the University of Missouri-Kansas City (UMKC), only five said they eat breakfast every day.

Frevert explained that breakfast helps to jump-start the brain after sleeping. If a student eats breakfast, his or her body has food to use for energy, which helps him or her to think better in class.

Frevert recommended a "grab-and-go" breakfast. She encouraged grabbing something simple, such as fruit or crackers, instead of driving through a fast food restaurant in the morning.

The Dr. Pepper the woman in the anecdote drank last night while studying was not the best choice.

Frevert stated that caffeine and alcohol consumption affect an individual's ability to perform in class.

Caffeine is in products such as tea, soda, coffee and chocolate.

Of the college students surveyed, about 50 percent said they consume at least two of these products a day. Many students are attracted to caffeine because it is a stimulant or it gives them a "boost."

The problem with soda is that it does not have much nutritional value, yet it is made up of sugar, which causes water loss in the body.

Also, with soda, it is necessary to keep consuming to maintain the "boost."

"If you find that you are doing this to stay awake, then you are not eating the right kinds of food," Frevert said.

Alcohol, on the other hand, is a depressant and has no nutritional value. Frevert disproved the myth concerning drinking alcohol before studying in order to relax. She said that it is actually harder to concentrate after drinking and it is not good for relaxing because it slows down body functions.

Frevert recommended that if students are going to consume alcohol, they first eat because food slows the body's absorption of alcohol.

Think of the chips and salsa the woman took back upstairs with her to eat while she studied.

Students from Avila and UMKC had favorites that ranged from fruit to chips to cookies.

"If you know you are going to be up late studying, have things around that are healthier, because things like fruit will keep you more alert and keep the

fat level down," Frevert said.

If people choose foods such as carrot sticks, pretzels, popcorn and yogurt, they can actually study longer and perform better.

Frevert also mentioned eating smart when going out for fast food.

For example, when ordering pizza, get a cheese base topped with vegetables, not fatty, greasy meats.

Those who have a craving for chicken should go for grilled, not breaded.

Also, when eating fast food, "try to counter-balance that meal by eating healthier for the next meal," Frevert said.

The amount of time spent exercising and sleeping can also affect class performance.

Exercise can break the cycle of sitting still for long periods of time, which causes stress and back aches.

Since exercise enhances alertness, Frevert recommends it as part of studying, especially when studying for midterms or finals.

"If you break down your study time into sections, taking breaks to exercise, then you can come back fresh to the subject at hand," she said.

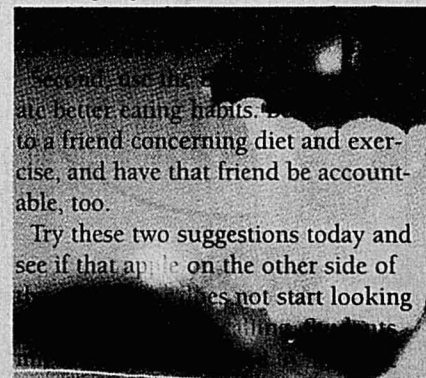
Sleep is an important factor that determines how alert students are in class. The survey showed that most college students average six to seven hours of sleep each night.

Frevert mentioned that eight hours of sleep is always best, but it is more important to keep a regular pattern of sleep.

The next step is changing habits so people can be healthier and perform better in class.

First, Frevert suggests keeping a 24-hour food diary of what was eaten and when it was consumed.

Then people can determine what can



they have more energy to strive for that "A" in class.

FEATURES



Elsy Monterroza

International Student Spotlight

by DENISE BRADSHAW

Chief Photographer

She may not consider herself an International student, but that is what Avila classifies her as, nonetheless.

She has lived in the United States since she was six. Her name is Elsy Monterroza. Monterroza was born in El Salvador during the El Salvadoran civil war. The civil war began in 1980 and lasted until 1992.

The war divided the country into four different groups: the government, the army, the guerrillas and the peasants.

Monterroza's father was part of the army. Because of all the tension and fighting during the war, her father immigrated to Sunny Caesar, Calif. Later, he brought his wife and two daughters, Elsy and Yeni, to Los Angeles. Elsy was six and Yeni was eight.

Since the family originated in El Salvador, Monterroza's parents do not speak English. Monterroza was nominated to do all the talking and translating for them, since she is fluent in both English and Spanish.

Monterroza said she had to learn English so she could play with the other children.

The Monterroza family moved to Kansas City in the summer of 1996. Monterroza decided to attend Avila after looking at the University of Southern California, the University of California—Los Angeles, and the Kansas City Art Institute.

She attended the Latino Summer Science Academy here at Avila, which sparked her interest.

Monterroza is a freshman this year and enjoys Avila very much. She said it is "absolutely, wonderfully fun." She enjoys attending the plays and different workshops on campus.

Monterroza has been drawing and painting for some time. In Los Angeles, she entered several art contests and even won a few of them. She won \$500 in a mural contest for AIDS awareness. Her winning design was a quilt and each square was different. Some included doctors, patients, American flags and eagles.

She has a double major in business and graphic design. Monterroza hopes to one day have her own graphic design business in New York or Los Angeles. She would like to be rich so she can have a pretty house, a pet tiger and a horse.

She is very intrigued by tigers.

With all the money she will make, she will donate most of it to charity. She inherited the spirit of charity from her mother, who participates in charities.

Monterroza's favorite classes right now are composition II and color theory.

The stories she reads in composition II are very diverse, and in color theory she gets to express herself through color compositions.

Soccer is her favorite sport. Monterroza's favorite team is the Los Angeles Galaxy. She remembers going to a game with her father and uncles and how they would get so excited and yell at the players to tell them how to play.

Monterroza wanted to play soccer when she was little, but her mother would not let her because she thought it was more of a boy's sport. She would play, however, with her friends for fun.

"I am weird. Sometimes I am goofy and sometimes I am serious," she says of herself. What Monterroza was referring to is her love to shop, rollerblade in the park and play with her young cousins. "People think I am weird until they get to know me."

What she loves most about Kansas City is the snow. Monterroza had never seen it before moving to Kansas City. She said she just wishes she could see more of it.

She would also like to see a tornado first-hand because it would be "such an amazing sight."

This International student plans to remain in Kansas City after graduation, and may even be found owning her own graphic design business one day.

Look for her around campus at the events.

Students venture toward cents-able shopping

by COURTNEY JO CUTLER

Staff Writer

"Americans are becoming a lot wiser with their money," Cindy Kampmeier, assistant manager of Marshalls, said.

The quality of merchandise at discount stores like Marshalls is the same as regular retail stores, but they can keep their prices down because the selection is usually out of season.

"Out of season" does not mean out of style. It merely means that the customer receives last season's colors and hottest styles—at a discounted price.

"We sell Tommy Hilfiger shirts for \$19.99; Dillard's sells them for \$36," Kampmeier said.

Discount stores and bargain shopping can stretch the dollar. But what about coupon clipping?

According to Fritz Gottschalk, shift manager at HyVee, about 80 percent of customers use coupons. Clipping coupons helped one happy consumer save \$25 at Gottschalk's store.

HyVee has recently sent out a mailer offering 25 percent off the shopper's entire grocery purchase. Gottschalk said that might be one coupon worth clipping.

Thrifty college students hit the discount scene as well. Avila student Andrea Downs decided to purchase her own Christmas tree this year. "I got everything, including the lights, ornaments, and the five foot tree for under \$40 at Wal-Mart."

Groceries, clothing and Christmas trees can all be purchased at discount prices. However, some items never come at a bargain price. Down's worst purchase included the little furry animals that now fill her apartment. "Those darn Beanie Babies! What a waste of money!"

Bargain hunters should be aware that finding great products for great prices is usually possible; sometimes it just takes patience. Take time, shop carefully and never stop the search for low prices.

For more economical purchases, try Big Lots. "Everything is cheap! I do all of my shopping right here, except for milk and bread," Mary Barber, Big Lots assistant manager, said.

Want milk and bread at a low price? Check out priceline.com, a web site where bargain shoppers in some cities have the option of naming their own price for groceries—up to 50 percent off—on the internet. This option might be headed Kansas City's way soon.

If the bargain hunt leads to a lower price, and the bargain is already in the bag, Kampmeier of Marshalls makes one suggestion: "Always, always save your receipt!"

Nursing student serves community

by KRISTEN REESE

Features Editor

Dawn Foster is a nursing student who is doing her residency at Children's Mercy Hospital.

"I always knew I wanted to be a nurse, and children were my avenue," Foster said.

Foster has three children of her own (ages seven, six and three) that keep her busy.

"Going to school and raising a family can be difficult," Foster said. She has to figure out what her priorities are and be very organized.

Family is the most important thing to Foster, and she relies a lot on the help of family and friends to accomplish her

dream of becoming a nurse. "Keeping my priorities straight helps me to focus," Foster said.

With all that keeps Foster busy, it would be easy for her to give up nursing. Foster has never looked back when it came to the career she chose.

"Once I discovered that it was my destiny, I never reconsidered. I would have had to find some outlet to help people, and nursing was mine," Foster said.

On a day-to-day basis at the hospital, Foster takes care of the patients' physical needs. She gets them their medication and food, along with other essentials. She takes it a step further and tries to help them emotionally and spiritually.

"I hope to impact every patient's life, whether it is a smile or how I help make their stay in the hospital easier," Foster said.

Foster loves the feeling of joy she gets from helping someone. "It gives me a sense of satisfaction when you can do something more worth your life than just help yourself," she said.

Daggett rises to unsung status

by NIKKI BREVIG

Staff Writer

Stephen Daggett is an associate professor of biology.

His contributions to the science department and dedication to his students make him an Avila unsung hero.

Dr. Larry Sullivan nominated Daggett, citing his leadership and dedication to making a difference in the lives of Avila students.

"Steve is an excellent teacher who motivates his students to work to their fullest potential in his courses," Sullivan said.

Daggett was ill most of the time when he was a child, and spent much of his childhood in and out of hospitals.

He went to a small college in Ohio and studied pre-med. As his senior year rolled around, he decided he

could not emotionally handle being around sick people everyday.

He graduated with a degree in biology. He says biologists have a very unique view of the world.

"You observe diversity all around the world, but there is unity in that diversity that a biologist really appreciates," Daggett said.

He has been teaching at Avila for the past seven years. Several years ago, students recognized him as Teacher of the Year.

Daggett enjoys the student interaction he has found at a smaller college.

He tries to vary his teaching style from class to class, and also likes to expose students to a variety of testing strategies to prepare them for work in the biology field.

Daggett wants students to be able to look at a 1,000-plus page Introduction to Biology textbook, full of everything in biology, and say "Ok, yeah, I have some familiarity with that."

Daggett contributes to the science department in a variety of ways. He is a research mentor, an academic adviser and co-moderator of the Bio-Med Club.

He has also helped revise the curricu-

lum so courses offered meet students' needs. He has also revised some biology courses to help facilitate students' learning.

Dr. Sullivan said, "I don't believe that many people realize all that Steve does to help students."

He is currently working on two research projects. One is a study in genetics on a unicellular green alga, *Chlamydomonas*. Daggett says it is a great project to work on with a shoe-string budget.

The other is a project he is working on with his wife, Melissa, a cellular biologist.

They are looking at the reproductive biology of a zebra fish. "If you own an aquarium, you may have some of your very own."

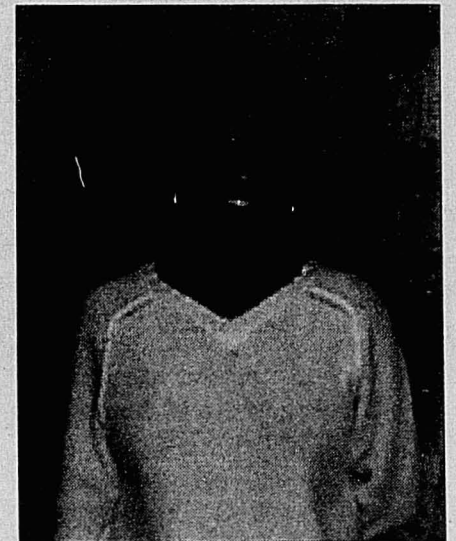
Daggett is not all science, though. He is a big movie buff. His favorite movies are *All the President's Men*, followed by *Dirty Harry*.

He likes to read and have fun with his dog, Basil. He also looks forward to more years of teaching at Avila. His commitment to his students and contributions to the science department make him an unsung hero.

Allen Advises Avila Advantage

by ERIN BARNES

Staff Writer



Upon a bookshelf sits a picture of her special friend. "She runs my life," Shelli Allen, director of advising and admissions for Avila Advantage, said.

Allen was referring to Ritzy, her yorkshire terrier.

"When I first started here, I was really thinking, 'am I going to be able to keep this job, because Ritzy cannot go out at lunch time?'" Allen said.

Everything seems to be working out for Allen, who came to Avila from Penn Valley Community College.

"There is a lot more student contact there," Allen said. "By the time they (Avila Advantage students) get in, I am going home for the day."

Allen's day entails a lot of phone calls and e-mails, since she rarely gets to see most of the Avila Advantage students on a regular basis.

"It is like I am a student in the Avila Advantage program," Allen said. "Since no one else can come to the campus, everything that they need to get done, I do."

When Allen's not going from building to building running errands, or communicating with students via the phone or computer, she can probably be heard laughing with her co-workers.

"Randy Allen is the best thing about my job," Allen said. "He is just so funny."

Randy Allen, director of faculty and curriculum, is unrelated to Shelli Allen and is one of her co-workers.

"I like her laugh and her humor," he said. "She has brought a lot of energy to the office."

Although Allen enjoys her job, she does miss the student contact she had at Penn Valley.

"I really do miss the hands-on, and I miss feeling needed," she said. "Being on this side of the accelerated adult program, as opposed to the traditional side of it, there is a possibility that I miss out on some of the student developmental sorts of things. I would like to become more active in student activities, college athletics and things that are going on around campus."

Frede carries hero title

by NIKKI BREVIG

Staff Writer

Doris Frede contributes a great deal of her time and energy to the business department. Her devotion to the students and the department make her an Avila Unsung Hero.

She has a long list of duties she performs for the college. She teaches four accounting classes, is coordinator of the undergraduate business advising and recently added faculty athletic representative to her repertoire.

Dr. Woodall, business department chair, said, "Her work helps to facilitate students' transition into college."

She is the single contact point for incoming freshman, transfer students and anyone interested in the business program.

She volunteered for the job five years ago, and has since shaped the way it is done.

She advises students through their first two semesters at Avila, giving advice on courses, majors, and anything else concerning students. As they decide upon their majors, she coordinates students with advisers in that major.

Frede started out her college career as a non-traditional student back when few women even attended college. She was married and her son was 10 years old.

Frede chose the accounting field after taking a few college courses. She realized she was good with numbers. She also saw there was equal opportunity for women in accounting at a time when women had few career opportunities.

She began teaching while she was

working on her master's degree. She worked full-time during the day and attended night classes.

She says her experiences help her understand so much of what students have to go through now. She says it is important for faculty to realize so many students are doing more than just being students today.

Frede has always tried to understand things from the students' perspective. Her favorite part of teaching is being a witness to the moment when the lightbulb comes on, the "aha" moment when students really understand a concept.

She is also excited about her newest position as a faculty athletic representative. She said, "I am a good rooter. My kids played all the sports, so I have a great interest in that."

She helps Fred Geer make sure students maintain their eligibility. They have to keep track of how many hours students are taking and the grades they are making. They have to make sure only those who are qualified are competing.

She enjoys playing golf and tennis.

Her real passion is for gardening. Frede cannot wait for spring so she can get back to her flowers. She recently persuaded her husband to help her install a water garden, complete with a bridge and brook.

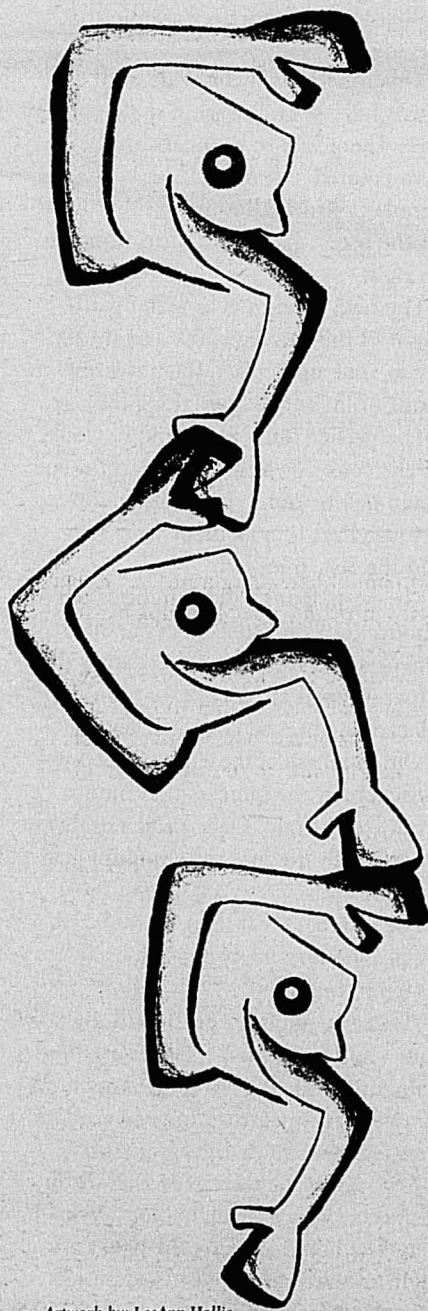
She likes that teaching allows her to really enjoy her gardening during the summer.

Family is very important to Frede, as well.

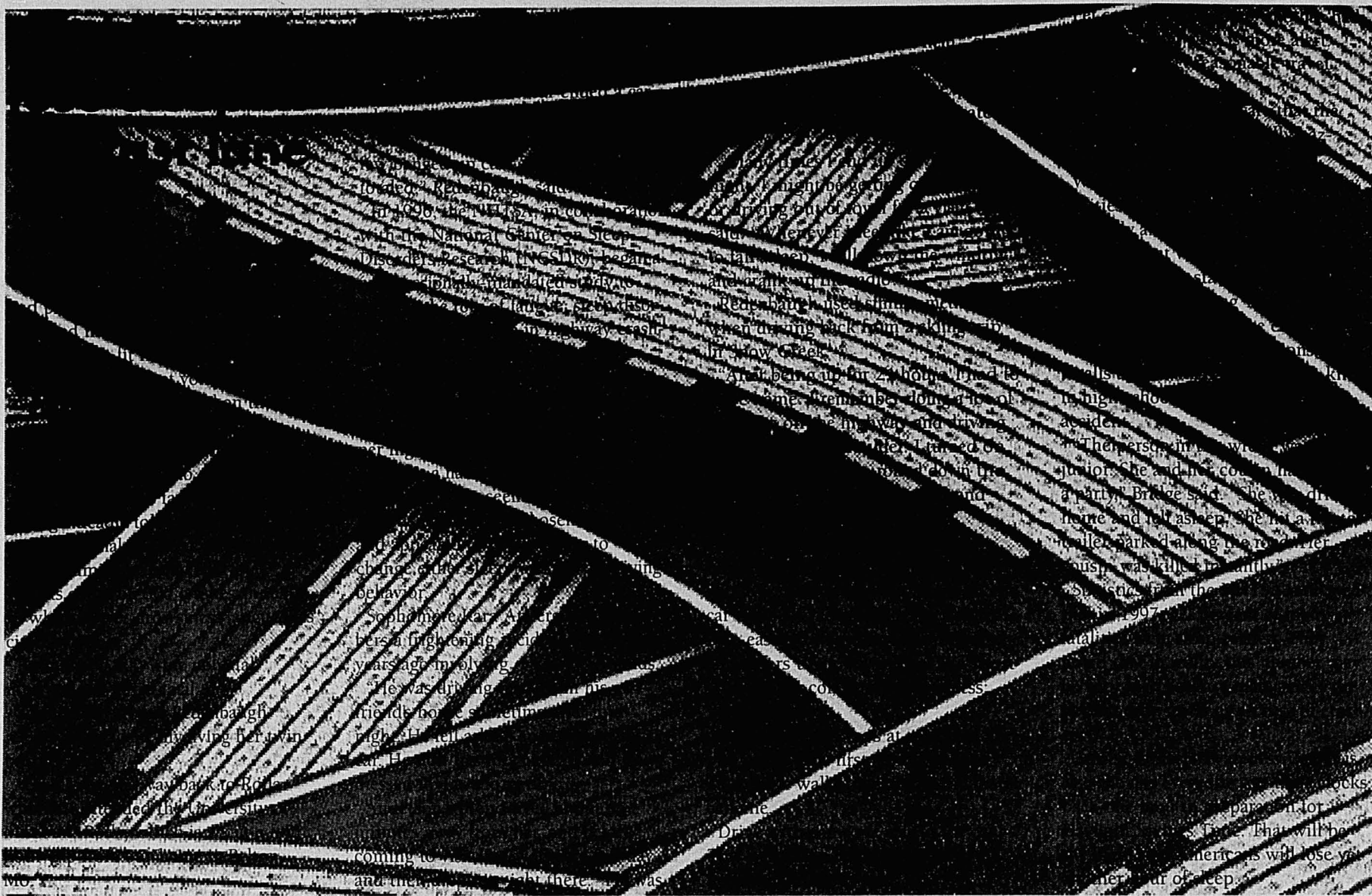
She has a son and a daughter. Her son is married with one child and another on the way. Her daughter is a student at Avila.

Frede said she loves her children at this age.

Dr. Woodall said she is a woman who is doing it all. "She is a real contributor to the department and a good spokesperson for Avila."



Artwork by: LeeAnn Hollis



Colors reveal personality

by THERESA COX

Arts & Entertainment Editor

There are many ways and benefits of applying color to one's life.

An individual may use aromatherapy, breathing techniques, color swatches, candles, painting a room, colored light bulbs or something as simple as the colors they wear to benefit their emotional and psychological well being.

There is now scientific research that shows how colors can tell what kind of person an individual is, and how colors affect them.

If an individual were to take a stack of eight colored cards and place them in order, from the most favorite to the least, many things could be determined about his or her personality, according to Dr. Max Luscher's color test.

Participation in Dr. Luscher's color test can reveal an individual's personality through color.

A color test is an accurate account of a person's psychological information through their choices and rejections of colors. An individual can participate in a "Full" Luscher Test or a "Quick" test to receive results.

In the "Full" Luscher Test, there are seven different panels of colors used. The results offer a great amount of information concerning the conscious and unconscious psychological struc-

ture of an individual, as well as information in the areas of psychic stress and in mental balance and imbalance.

The test takes only a few minutes to complete. The overall interpretation of the "Full" test requires time and in-depth analysis that only a certified and psychological background could handle.

The shortened version of the test is known as the "Quick" test.

It is not as comprehensive as the "Full" test, but it still offers the same insight to significant aspects of an individual's personality—continuing to offer a hint to problem areas, including psychological, physical and sociological stress.

To conduct the "Quick" test, a panel of eight colored cards is required. The panel of eight colored cards includes four basic colors and four auxiliary colors.

The four basic colors are dark-blue, blue-green, orange-red and bright yellow. The four auxiliary colors include violet, brown, black and neutral gray.

According to Dr. Luscher, each color has a significant meaning and representation when applied to a color test.

Dark-blue represents the depth of feeling. Its qualities are being concerned, passive, incorporate, sensitive, perceptive and unifying.

The affective aspects of the color dark-blue are tranquility, contentment, tenderness and love and affection.

Blue-green represents the elasticity of will and is passive, defensive, retentive, possessive, concerned and immutable.

The affective aspects are persistence, self-assertion, obstinacy and self-esteem.

Orange-red represents the force of will. Its qualities are being eccentric, active, offensive-aggressive, competi-

tive and operative.

The affective aspects are desire, excitability, domination and sexuality.

Bright yellow represents spontaneity and its qualities include variability, originality, expectancy and exhilaration.

Violet represents identification and its qualities are intuitive, intimacy, sensitive and understanding and irresponsibility.

Brown represents a broken-down sensation, and its qualities are focused on the home and the company of one's own kind, as well as family security.

Black represents the absolute boundary with which life ceases, as well as nothingness and extinction. Black means no, negativity and the ultimate and final surrender.

Neutral gray represents "no man's land;" it is neutral and not colored. Therefore, the qualities indicate uncommitted and uninvolved.

The colors combined and uncombined represent different psychological and sociological areas in an individual's personality. To receive a complete analysis, one must take the full Luscher Color Test.

In the test, participants are given eight colored cards in a row, colored side up. First they are to choose the color that they like the best, without relating the color to anything else, such as the color of their car or the color of their eyes.

The next step is to remove the first card and place it colored side down, at the beginning of a second row, in front of the individual.

Then the participant will be told to repeat the first step, of choosing the color that they like the best. The card will then be removed and placed colored side down next to the first

colored card that was chosen in the beginning.

This process will continue until all cards have been placed in the second row. There will be numbers on the non-colored side of each card. The numbers will need to be written down, in the order that they appear from left to right.

The next process is to pick up all eight of the colored cards and shuffle them, and again place them in a row in front of the individual taking the test.

The participant will be told to "look at the colors as if they had never seen them before and to not make a conscious effort to remember what they did the last time."

The participant will again be asked to choose the color that he or she likes the best and to continue repeating the process, until all cards have been placed in a second row once again.

The numbers of these cards need to be recorded the same as they appear from left to right. Place these numbers underneath the first set of numbers in the test.

The numbers will then be analyzed by preliminary interpretation by five different functions.

These functions are related to the four basic colors and the four auxiliary colors mentioned above. The functions can be regrouped later to get a comprehensive personality interpretation.

To perform the test on oneself or on others, a book is available for personal use. The book contains the panel of eight colored cards and instructions, along with a detailed analysis of color interpretation. The title of the book is *The Luscher Color Test*.

Women's basketball misses conference title

by JUSTIN THURMAN
Staff Writer

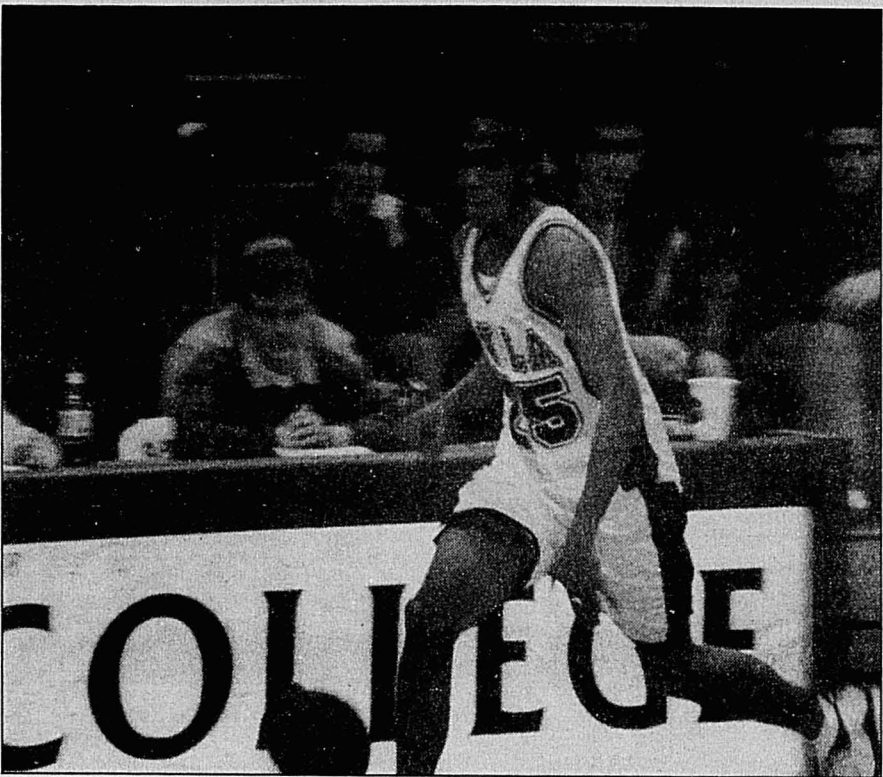
The Avila women's basketball team is doing very well this season, according to head coach Jim McMurray. "They are one of the best teams that Avila College has ever had," he said about the team's 21-9 record. "I think the reason that we are doing so good this year is because of the good leadership on the team. Everybody gives their all during both the games and the practices," guard Laurel Sparks said. By working hard at practice and in games, the team has created one of its best defensive teams ever. "We're a good defensive team and rebound well. We have a lot of heart and leadership too. We never give up. That's why we're doing so well this season," guard Adrienne Cook said. The women are well on their way in the conference tournament. "We're not going to win conference," Sparks said. "But, we have a lot of confidence because we have beaten every team in our conference except Kansas Newman." "We should have beat them," Cook said about rival Newman. "We lost by three points after leading the game until the very end. Kansas Newman is going to be the team to beat in the tournament if we want to go to nationals." The Avila defense was ready to step up and take the challenge head on when they faced Kansas Newman in the playoffs. The Lady Eagles, seeded number three, eliminated number two seed, rival Newman, after a 57-55 finish and advanced on to the conference finals. In the final match, the team took on conference leader College of the Ozarks for the championship. The Lady Eagles kept within a few points of the Bobcats, but came up short of the conference title.

Record		
Overall	Conference	
20-8	8-4	
Saint Mary College	W	65-50
Newman University	L	48-64
Missouri Baptist College	L	74-79
York College	W	72-45
College of St. Mary	W	74-68
Kansas Newman	W	57-55
College of the Ozarks	L	

Women's Basketball

MCAC All Conference
Kari Donnell forward
Melissa Fleming center

MCAC Honorable Mention
Erin Carr guard



Arde Fuller charges down the court to create offense against York College.

Photograph by: Karen Guber



The Lady Eagles beat the defense to get a basket.

Photograph by: Christina Delgado



Terry Groves watches Terrell Tigner's shot travel along the rim.

Photograph by: Karen Guber

Men's basketball ends season

by CHRIS ERVIN
Staff Writer

The Avila men's basketball team looked for improvement while not giving up on the season. The end of February marked the beginning of the Midland Collegiate Athletic Conference (MCAC) tournament. Assistant coach Isaac Chew said, "Every game is important, but to play well at the end is the main goal." The last two regular season games were wins against York College, 90-78, and Bellevue University, 80-71. Guards Bob Turner and K.C. Moultrie led the scoring in both games, with 26 and 16 respectively, against York and 18 and 17 against Bellevue. Forward Terrell Tigner was proud of the two wins. "The two wins will help prepare us for the MCAC tournament, where any team can win. These were easily our best games played back to back," he said. The Eagles headed into postseason play seeded sixth in the conference. "In the conference tournament, every team starts with a brand new record," Chew said. The team carried a win streak into the tournament, but it wasn't enough to get them past the number three seed, St. Mary College. The Eagles were eliminated in the first round of the conference contest, ending their season 5-27 overall.

Record		
Overall	Conference	
5-27	3-11	
St. Mary College	L	74-90
Newman University	L	49-72
Rockhurst University	L	51-69
York College	W	90-78
Bellevue University	W	80-71
St. Mary College	L	85-54

Men's Basketball

MCAC Honorable Mention
Bob Turner guard

Freshman of the Year
Andre Brooks forward

S P O R T S

Athletic events lack fans

Where is everybody?

by MOLLY KENNEDY

Staff Writer

The athletic events at Avila are loaded with talented athletes, tough competition and excitement. Even among all of this, there is one key factor that is missing at Avila's sporting events: the fans.

"Half of the time I don't know about the games and half of the time I'm busy with work study, homework or baseball," junior baseball player Nathan Banfield said.

Banfield estimated that about 15 or 20 people usually show up at the baseball games.

"It depends on the weather. People tend to be more willing to stop by the game if the weather's nice," he said.

"We need publicity," soccer and softball player Beth Basler said. "I don't think that people know when the games are because there are no schedules posted anywhere. If there were schedules posted around campus, and especially in the dorms, more people would take notice and may come catch a game."

At the beginning of the men's soccer season, the team members took it upon themselves to advertise the games. They made flyers that gave the date, time and location of the games.

"People around campus took notice of the flyers and then showed more interest in the team and the games," Banfield said.

Terrell Tigner, a senior on the men's basketball team, is one of a few students who has attended at least one game in all of the sports this year.

"I think that it should be a team effort to promote the games," he said. "Everyone from the Athletic Director to the athletes themselves and the Residence Life staff should take part in letting people know what's going on."

Currently, the men's and women's basketball schedule can be found on the entrance to the gym.

One problem with this is that unless students are athletes, they probably do not stop by the gym very often.

Another problem is that most people do not look at the schedules and have the dates and times stick in their permanent memory.

No schedules are available for students to grab and take home.

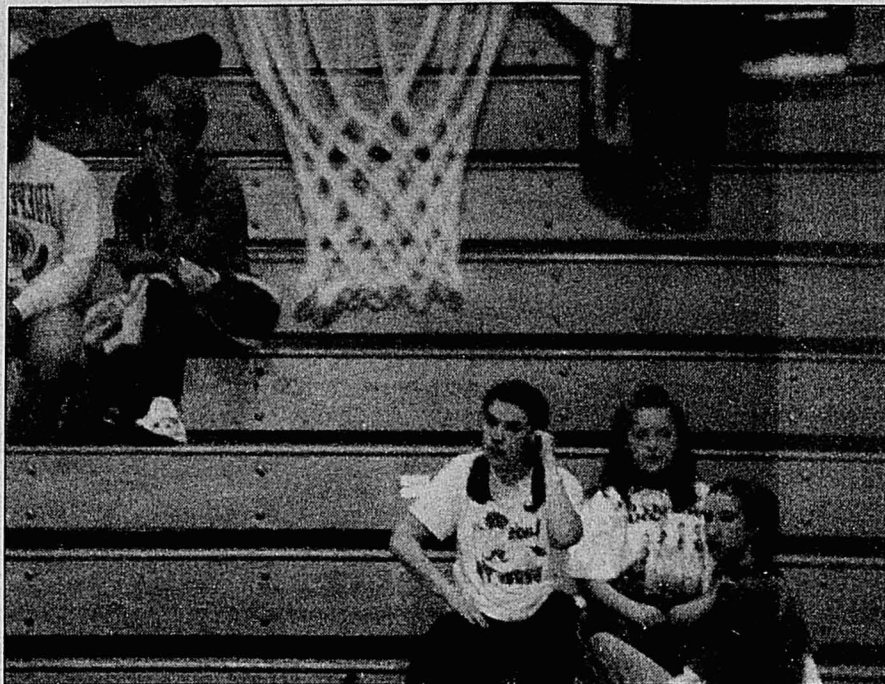
Perhaps the lack of advertisement is not the only thing that keeps the fans away.

"Some people just do not find the games exciting," Basler said. "It doesn't help if you have a losing record, either. This year the women's soccer, women's volleyball and men's basketball teams have had a tough time winning games."

The men's soccer team made it to regionals and the women's basketball team was ranked 17th in the nation at one point this season, but the number of people in the stands has not increased by much.

"You'd think that winning would bring in more people, but the girls win and they don't get a lot of people. Most of the fans are friends of the players or family members; they have a connection to the team somehow," Tigner said.

At a recent women's basketball game,



Low attendance has been a common sight at many Avila events.

Photograph by: Karen Goerber

there were about 120 people in the stands. This included the men's team, who was waiting to play, and fans from the opposing team. That number of fans is fairly high when compared to the turnout at other events or earlier season games.

"We are a small school and there just isn't a lot of interest in small school athletics," sophomore baseball player Shaun Szot said. "I think that better facilities would help to bring in more support for the teams."

The athletic teams that play outside have very little space for fans to come and watch. There are only three bleachers available for the soccer games. At the first baseball game, only two bleachers were set up. Most of the

fans that come to watch baseball or softball end up standing throughout the game or sitting on the ground.

Many people feel that the addition of the football team will also bring more people to games in other sports as well. "Once the football team gets here, and especially if they are winning games, I think more people will show more interest in the games," freshman baseball player T.J. Moffitt said. "They will hopefully realize that the games have a great social aspect and try to get to a few more."

The crowd is one of the most influential parts of the games for many athletes. "When people are watching, you want to perform better. A good crowd can boost the team and give them the drive they need to win," Basler said.

Spring fever takes over

Sports preview

by CHRISTINA DELGADO

Staff Writer

Spring fever is in the air, and the Avila College Eagles are anxious. The women's softball and men's baseball teams are in full swing. With their seasons quickly approaching, the two teams are rigorously preparing for the spring season.

Men's baseball is looking forward to a great year, according to coach Jim Huber.

There are many positive additions to the team this year, which includes 12 transfer athletes, he said.

Two such transfers are Brad Daisa and Zach Manning, who are both strong middle infielders from Bakersfield, Calif. Their experience together make them a very strong pair. "Brad could be the best shortstop Avila has ever had," Huber said.

Huber also expects great things from

his pitching staff. "Senior Bob Huber will be our number one starter and senior Steve Donahue should be our number one reliever," he said.

All around, the pitching staff is shaping up, just as Huber expected.

Offensively, Huber believes that the team is very well rounded. There are not any real standouts; however, it is too early to tell.

The softball team is also shaping up,

"The girls have worked hard, and they are very coachable, which has made the transition easier"

- Mike Crozier

according to coach Mike Crozier.

After a very rocky fall season, which ended in the loss of the Eagles softball coach Dennis Gault to cancer, the team is picking up the pieces of shattered morale and aiming high.

The coaching transition was expected to be slightly difficult.

"The girls have worked hard, and they are very coachable, which has made the transition easier," Crozier said.

With the help of Crozier and assistant athletic director Nick Totta, the team is rebuilding.

The two co-coaches have had past softball experience. Crozier coached softball for seven years at Briar Cliff and Totta coached at Culver Stockton for four years.

Crozier expressed many possibilities for the upcoming season.

The Lady Eagles have begun to prepare with practices at 6 a.m.

According to Crozier, the overall season outlook is very positive. "I expect that we will win about 75 percent of our games, and should be in the running to win conference, and hopefully go to regionals for the third straight year," he said.

With only two seniors on the roster, the team is still very young. There are many returning starters, and Crozier believes the freshmen will "be able to step up."

William Jewell will be the Lady Eagles' first opponent of the season. Their first home match up against Bartlesville Wesleyan is on March 25.



Baseball starts off season with wins

by KAREN GUBER
Sports Editor

After a 40-20-2 finish in the 1999 baseball season, the Eagles have returned to the field and are tearing it up. The team took on the Ottawa University Braves in their season home opener.

The Eagles took a 2-1 lead in the first inning and just kept on going. The final after the sixth inning in the first of a double header was 12-2.

"We were balled up for an entire month with just practices and not having any games to play," pitcher Casey Berry said. "We came out ready to play."

The second game proved to be a slight challenge for the team. They were down 6-5 going into the seventh inning when Eric Walker drove in two runs. The Eagles narrowly escaped with a 7-6 victory.

"They came out and hit two big home runs early on," catcher Shea Barber said. "A big lead is hard to come back from. We capitalized on their mistake and took it to them in the last innings."

Berry felt the team was too much at ease in the first innings of the second match. "We were complacent. Ottawa came back out hitting the ball and scoring runs. We had to buckle down. We decided we wanted the game more than they did," he said.

"We're scrappers," third baseman Mike Beckett said. "Ottawa came out hard in the second game, but we have a lot of heart and don't give up too easily."

The team bettered its record to 5-1 after splitting a series against Central Methodist College (2-1 and 18-8) and sweeping Missouri Valley College (12-1 and 10-5).

The loss of 11 seniors does not seem to have had a noticeable impact on a team comprised mainly of sophomores and juniors.

Two of those seniors, Pat Cornejo and Mike Straatman, have returned to the field as assistant coaches.

"Having former players coaching is extremely helpful," Beckett said. "They're easier to talk to and they keep the game fun and relaxed."

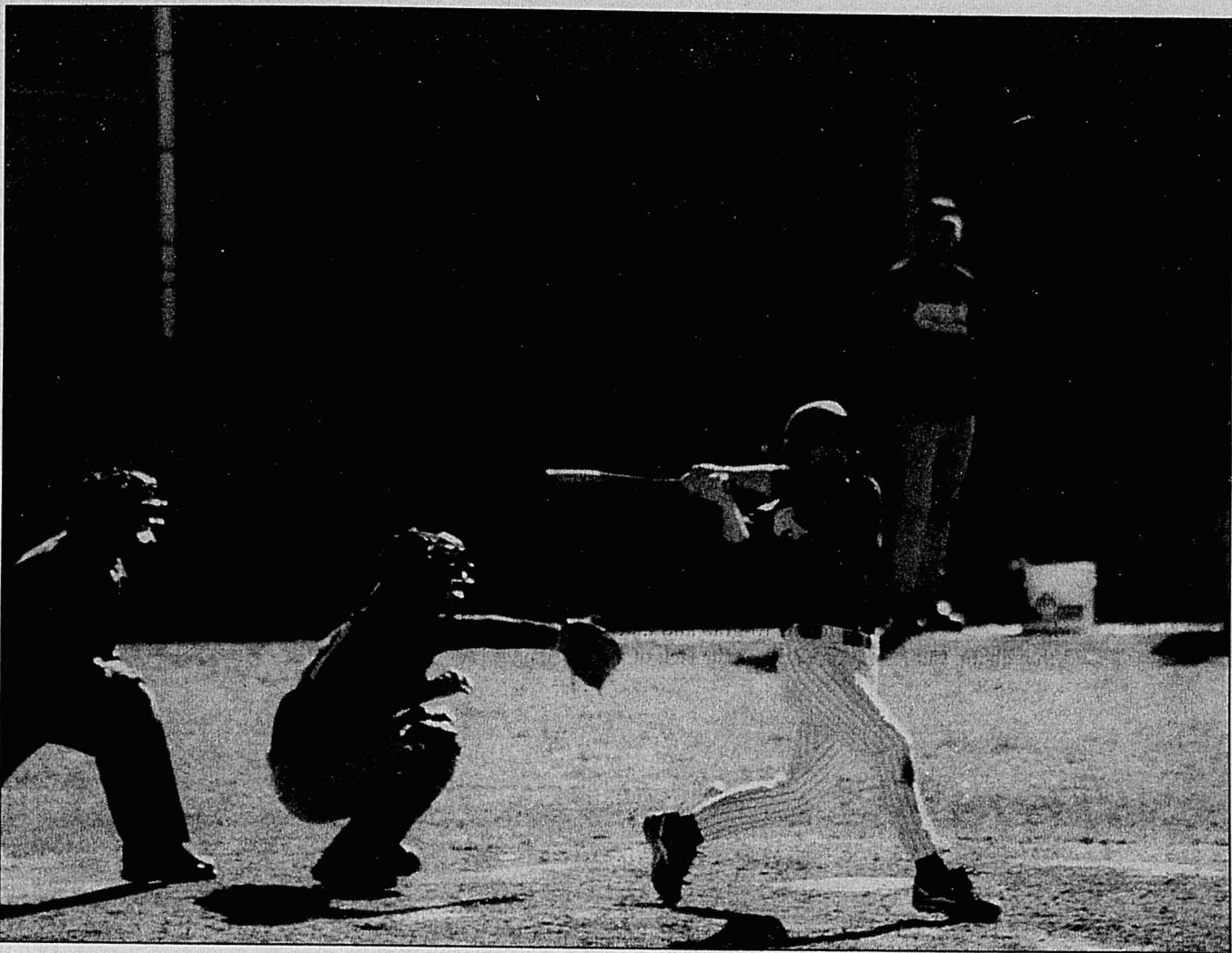
Barber had only high praises for the new additions to the coaching staff. "They're a lot better than outside coaches. We've played with these guys and they know how we play. They're smart with the game and know how to communicate on a better level," he said.

The team is in for a long haul and has set their sights high on winning the MCAC and making a trip to the NAIA World Series. Though they are aiming big, they have decided not to look too far ahead and to instead concentrate on one game at a time.

"We don't want to get too far ahead of ourselves," Beckett said. "We want to win conference; and right now that's our first goal. We made it through the first two rounds of the playoffs last season. That's something that stays in your head."

"We say at every practice we're World Series bound, but we're still taking it day by day," Barber said.

The Eagles' next home event will be against the University of St. Mary, at 1 p.m., March 4.

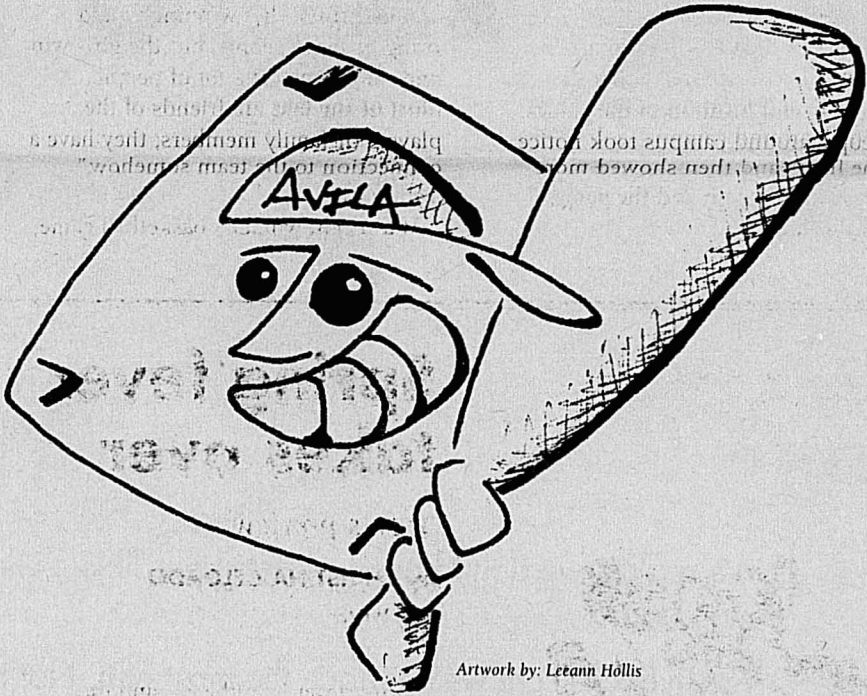


Brad Daisa starts the season off with a hard hit from the plate.

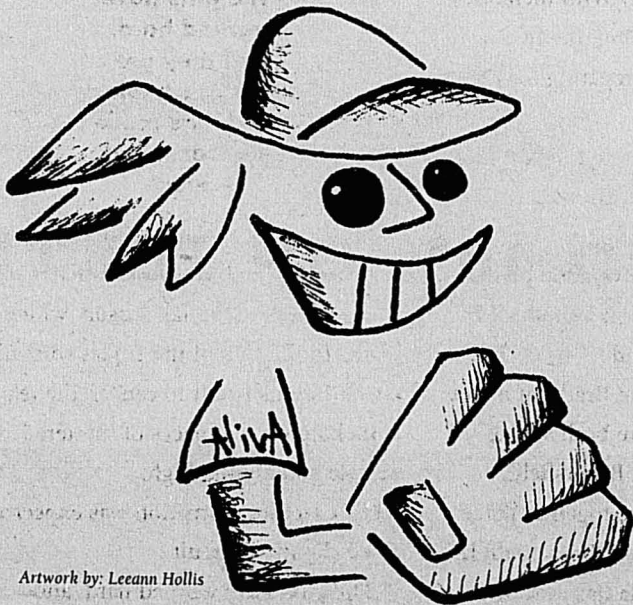
Photograph by: Karen Guber

Baseball Home Schedule

3/4	University of St. Mary
3/5	University of St. Mary
3/21	Bellevue University
3/23	Peru State College
3/29	William Jewell College
4/2	Benedictine College
4/5	Park College
4/8	Bartlesville Wesleyan College
4/15	St. Mary College
4/21	Newman University
4/25	Mid-American Nazarene University
4/28	Missouri Valley College
4/29	College of the Ozarks



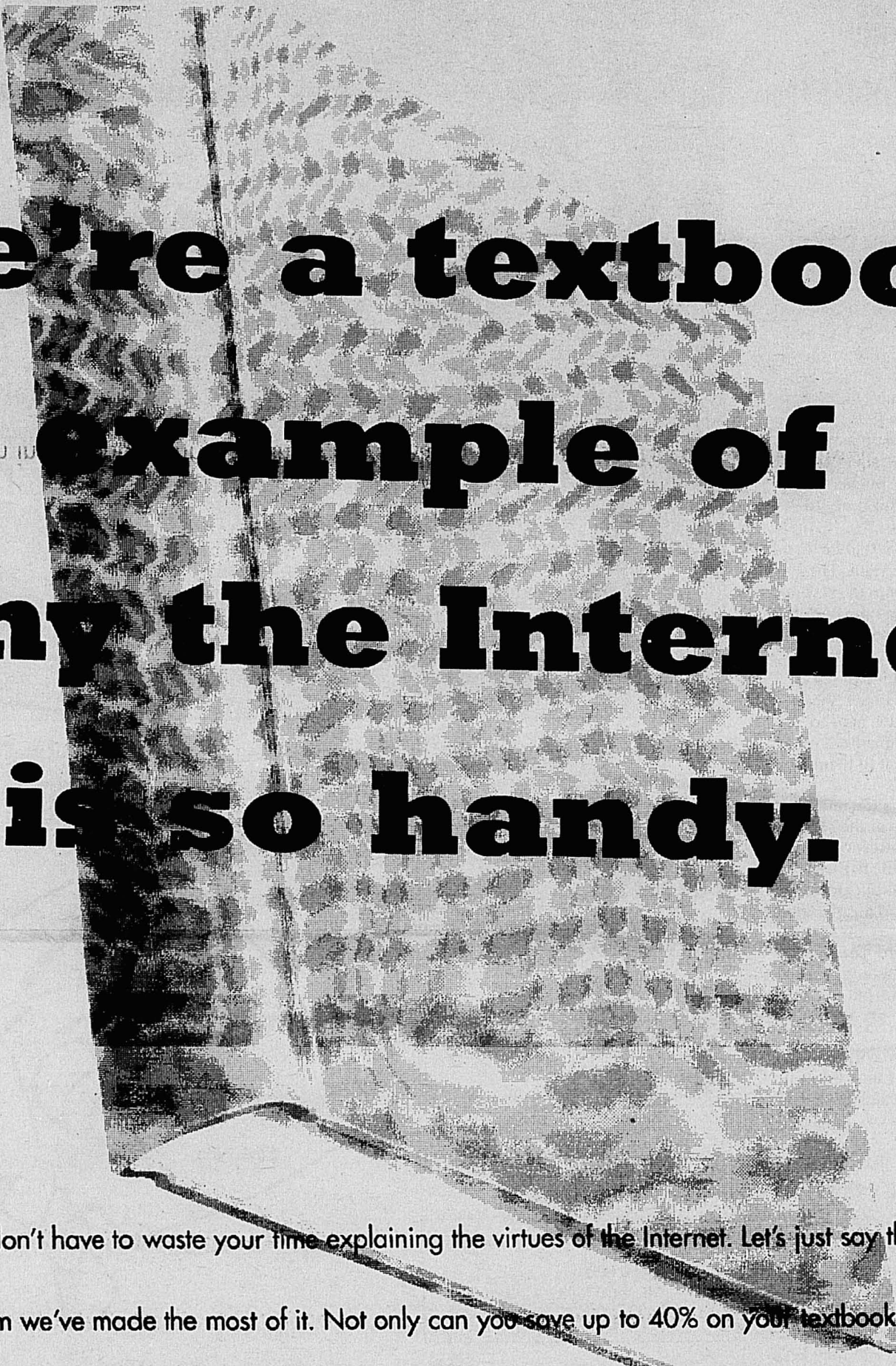
Artwork by: Leeann Hollis



Artwork by: Leeann Hollis

Softball Home Schedule

3/2	Haskell College - JV
3/4	Maple Woods CC - JV
3/25	Bartlesville Wesleyan College
3/29	North Central CC - JV
4/3	UMKC
4/4	Baker University
4/7	College of St. Mary
4/8	Bellevue University
4/21	Lincoln University



We're a textbook example of why the Internet is so handy.

We realize we don't have to waste your time explaining the virtues of the Internet. Let's just say that at VarsityBooks.com we've made the most of it. Not only can you save up to 40% on your textbooks, but you'll also receive them in just one to three business days. All on a Web site that's completely reliable and secure. What more do you need to know?

SAVE UP TO 40% ON TEXTBOOKS.

Savings off distributor's suggested price. Books delivered in no more than three business days. Some restrictions apply. See site for details.



VarsityBooks.com